Toronto metro

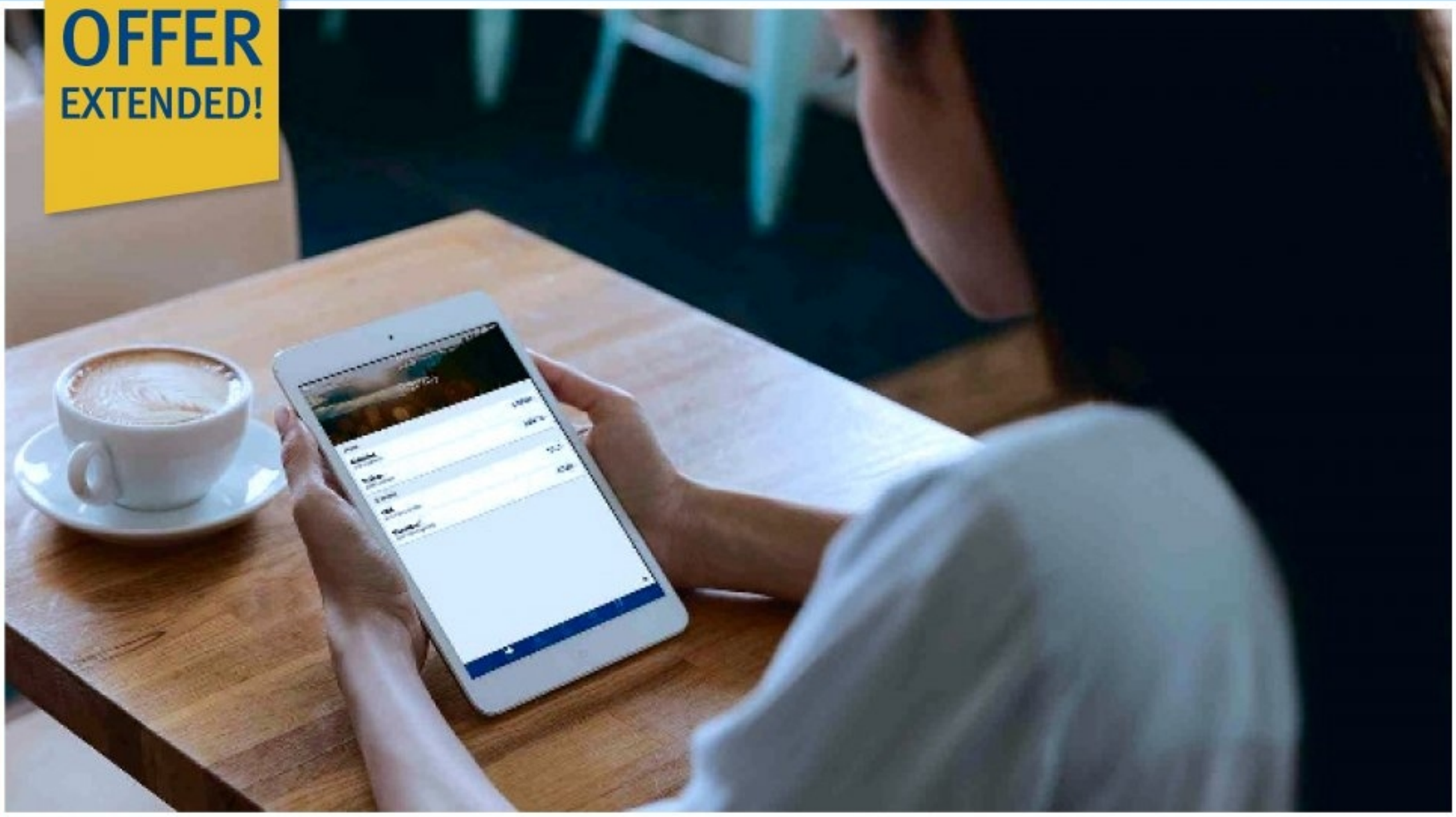
WEDNESDAY, AUGUST 3, 2016

We have an important question for you.

Look inside.

RBC®

OFFER
EXTENDED!



What's better than unlimited free e-Transfers?

How about sending them with a complimentary iPad mini 2.

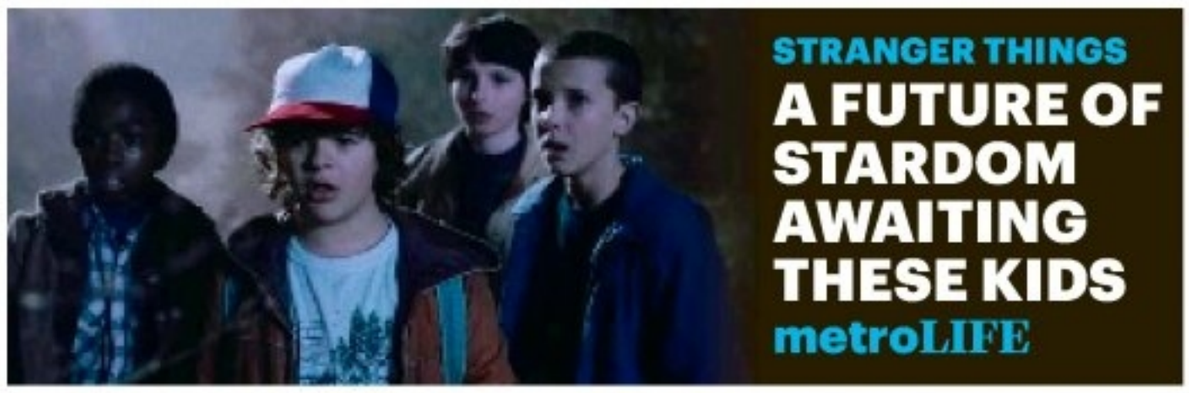
Now's the time to switch to all-inclusive banking at RBC and get a complimentary iPad mini 2*

Hurry! Offer now ends Sept 2nd!

Visit rbc.com/ipadminioffer

RBC®

* To get an iPad mini 2, you must be a new Eligible Personal Client, open either an RBC Signature No Limit Banking account or RBC VIP Banking account during the Promotional Period, and complete the criteria by October 31, 2016. Conditions and restrictions apply. Offer available May 4 to September 2, 2016 but may be changed or withdrawn at any time without notice. For full details visit www.rbc.com/termsandconditions. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



SUPER WEDNESDAYS
TONIGHT'S JACKPOT $9,000,000 est. PLUS 56 GUARANTEED PRIZES
LOTTO 6/49

Toronto metro

Your essential daily news | WEDNESDAY, AUGUST 3, 2016 | High 29°C/Low 19°C Mostly sunny

Q&A
AGO'S NEW INDIGENOUS CURATOR TALKS ACTIVISM AND ART
metroNEWS

ACCESSIBILITY
When Tim Rose tried to book an Air Canada flight, he was told his wheelchair wouldn't fit — and he's not alone
metroNEWS

TORSTAR NEWS SERVICE

Great, thanks Vancouver

FOREIGN BUYERS
T.O. may soon have someone else to blame for sky-high housing costs

British Columbia's new 15 per cent tax on foreign homebuyers could lead to increased investment — and thus higher prices — in real estate here, experts say.

The tax, which took effect Tuesday, was introduced by the British Columbia government with the intent of improving home affordability in Metro Vancouver, where house prices are among the highest in North America.

But it has also given rise to concerns that it could exacerbate Toronto's housing market.

"Where are those foreign investors going to go?" said Derek Ladouceur, a Toronto real estate agent. "They're not going to want to pay that 15 per cent, so they're going to now dump it into the Toronto real estate market, which is already hot."

Ladouceur predicts that all segments of Toronto's housing market will get pricier, from condos to detached single-family homes, but the luxury segment — where many foreign investors park their money — could see the biggest lift.

Dianne Usher, a Toronto-based realtor with Royal LePage, says some foreign buyers have already been flocking to Toronto as soaring home values have priced them out of Vancouver's market.

"With an additional tax it will grow exponentially, in my view," says Usher.

Ontario Finance Minister Charles Sousa has said he is examining the tax "very closely" as a possible measure to address Toronto home prices.

THE CANADIAN PRESS

HIGH, HIGH, HIGHER

The average cost of a home in the city in June was $746,546, up nearly 17 per cent from the same month last year, according to the Canadian Real Estate Association. In comparison, Vancouver home prices averaged $1,026,207, a rise of more than 11 per cent.

NOW YOU CAN EARN AEROPLAN® MILES WITH TOYOTA AND SCION
VISIT YOUR LOCAL DEALERSHIP FOR DETAILS*
TOYOTA aeroplan SCION
*Some conditions apply. See your local dealership for full details. ®Aeroplan and the Aeroplan logo are registered trademarks of Aimia Canada Inc.

THE SAMSUNG EVENT IS ON

fido

For a limited time, get the latest Samsung phones from $0.

Samsung Galaxy S7

Samsung Galaxy S6

Samsung Galaxy S5 Neo

SAMSUNG GALAXY S7

$100

ON SELECT 2-YEAR PLANS[1] WHEN YOU TRADE IN ANY PHONE

SAMSUNG GALAXY S6 & S5 NEO

$0

ON SELECT 2-YEAR PLANS[1]

+ GET A MINIMUM **$50 CREDIT** WHEN YOU TRADE IN ANY PHONE[2]

Visit a Fido store today.

Offers end August 15, 2016, subject to change without notice. **1.** Samsung GS7 at $100 (with eligible trade-in) and GS6 Edge at $0, each with a 2-year Plus30 plan. Samsung GS5 Neo at $0 with a 2-year Plus15 plan. Early cancellation fees apply. Taxes extra. **2.** Subject to FidoTRADE Terms and Conditions, **fido.ca/trade**. Credit applied in store against concurrent purchase of accessories or another new phone (for new activations) or applied as a credit to your bill within 2 or 3 bill cycles (for existing customers). ©2016 Fido

metro NEWS

Your essential daily news

'There has to come a point at which you say enough.' **World**

IN BRIEF

Ontario to ban daycare wait-list fees

Ontario is banning wait-list fees for daycare spots, but activists say more spaces are needed to ease the scramble that stresses thousands of new parents.

Education Minister Mitzie Hunter announced the long-awaited restriction Tuesday, saying it will take effect Sept. 1 and eliminate charges that typically range from $20 to $200.

Families said last spring that they have paid hundreds of dollars to several daycare centres in hopes of landing a spot — but have no guarantee of results for the substantial outlay of cash.

TORSTAR NEWS SERVICE

Animators out of work

More than 500 workers at Arc Productions could be out of pocket for outstanding wages after the Toronto animation studio locked out staff Tuesday and said its principal lender was seeking a court-appointed receiver to take possession of the company.

Among Canada's largest movie and TV animators, Arc in a notice to staff posted on the secured front door of its Richmond Street East studio cites a "liquidity crisis" and says the lender appeared in court Friday to request that Deloitte Restructuring be named interim receiver. Deloitte and Arc did not immediately respond to requests for comment.

TORSTAR NEWS SERVICE

Seven men rescue horse

A four-year-old horse named Bodacious Heart had to be rescued on Tuesday morning after falling into a shallow gully in Norval, Ont.

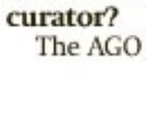
It took the horsepower of seven men from the Mississauga fire department to pull it to freedom.

"He had fallen in a way where his legs were pointing in the wrong direction uphill. He couldn't roll himself upright," explained Squad 111 Captain Mark Garrod, who first arrived on the scene around 10 a.m. "The horse was calm. I was expecting it to be kicking, but it just lay there, letting us do our thing." TORSTAR NEWS SERVICE

Merging activism and art

INDIGENOUS CULTURE

New gallery curator hopes to make art accessible



May Warren
Metro | Toronto

Activist and educator Wanda Nanibush has been interested in art since her first glimpse of First Nations artist Arthur Shilling's portraits of Anishnawbe people that made her proud to be who she was.

Originally from Beausoleil First Nation near Penetanguishene, she was named the Art Gallery of Ontario's first curator of indigenous art last month.

Just a few weeks into her new role, she spoke to Metro about the connections between activism and art and making the museum more welcoming for indigenous people.

This interview has been condensed and edited.

One of Nanibush's favourite works of indigenous art at the AGO is Seven Grandfathers, digital print on seven drums, by Robert Houle. VICTOR BIRO/FOR METRO

Why do you think it's important for the AGO to have an indigenous art curator?

The AGO is on and in indigenous territory, land, and I think it's important to have that marked out as a priority. I think it should be a priority for most museums in the country.

How much indigenous art is at the AGO now?

There is one entire space devoted to indigenous art but then it's also throughout the Canadian galleries.

The shift really is about collecting. They have quite an extensive Inuit art collection and also historical collection, but the AGO hasn't been collecting a lot of contemporary art that's indigenous.

So that's something that we're working on and that needs some focus and research.

You've been involved in Idle No More. How do you see the relationship between activism and art?

I think indigenous artists are the most radical thinkers, in a way, about what's going on in our communities.

Forms of activism today often take the form of art, not necessarily just visual arts, but dance, music, theatre, all of it.

I think it finds audiences in a new and different way, and it educates people in a completely different way. It's a bit deeper, in some ways, than just having information.

> **Forms of activism today often take the form of art.**
> Wanda Nanibush

Sometimes you can deal with racism in art, and people can actually face it and feel more comfortable, through art.

How can we make sure indigenous people feel welcome in museums and make sure art is accessible for them?

Galleries and museums come out of colonialism. That's when they were born.

They have a culture to them that is not always welcoming to indigenous people, to a lot of people.

I think the AGO has already been on a path of figuring that out.

They've been working pretty hard at figuring out how to bring diverse audiences in, and bring larger audiences in. Thinking about indigenous audiences is part of that larger project.

Creators moulding a brighter future

Nanibush recommends three up-and-coming indigenous artists to watch:

Walter Scott

Scott has a comic book series called Wendy about a young woman's frustrations fulfilling her dreams in the city. Nanibush said she's really excited this young interdisciplinary artist is coming to be the AGO's artist in residence this fall. COURTESY AGO

Meryl McMaster

McMaster is one of the 2016 finalists for the prestigious Canadian Sobey Art Award. Meryl McMaster, who is Plains Cree and a member of the Siksika First Nation, lives in Ottawa, but Nanibush will "always consider her a Toronto artist." CONTRIBUTED

Nadia Myre

Nadia Myre won the Sobey award in 2014. "This amazing artist" is based in Quebec, but has a video piece at the AGO, which is a "sort of a play on the national anthem," analyzing the lyrics "home and native land," Nanibush said. COURTESY LEIF NORMAN

MAPPED

TORONTO'S DEADLY STREETS

Pedestrian traffic fatalities in 2016

NEW FATALITY
Parliament St & Shuter St
According to police, an 82-year-old pedestrian died in hospital Monday after being struck by a truck driver at Parliament and Shuter streets July 28.

NEW FATALITY
Kingston Rd & Saunders Rd
Fri. July 29 - A TTC bus and an SUV collided in the intersection of Kingston and Saunders roads. The SUV then careened into two pedestrians who were crossing Saunders Road. Both victims were taken to hospital, and one, a 61-year-old man, was pronounced dead.

LATEST FATALITIES

20 Dynevor Rd & Eglinton Ave W
Wed. June 22 - A man in his 60s was hit by a driver

21 Kipling Ave & Brookmere Rd
Mon. July 4 - A 73-year-old man hit by the driver of a van

22 740 Dupont St
Tues. July 5 - A 71-year-old cyclist dies after swerving to avoid a left-turning van

23 Islington Ave & Albion Rd
Tues. July 5 - A 55-year-old man was hit by a driver

TEXT: METRO
GRAPHIC: ANDRES PLANA/METRO

CONSTRUCTION

Bloor St. undergoing bike lane makeover

Cyclists were excited. Local shop owners? Understanding.

And for the most part, even drivers appeared to be mostly at peace as construction — and subsequent traffic jams — began Tuesday on the Bloor St. bike lanes project.

"Personally, I'm very optimistic about it," cyclist Candida Girling said as crews shut down traffic on Bloor St. W. between Avenue Rd. and Shaw St. to one lane each way and began painting markers on the asphalt. "I'm excited because (Bloor St.) is pretty treacherous. I'm worried about narrowing such a narrow street already, but I'm really in favour of bike lanes in Toronto and I'm happy about it."

The construction, during which city crews will install new painted bike lanes and flexible posts as well as new signs with updated parking rules, is expected to last around two weeks.

Another cyclist, Leanne Fry, said she was happy that bike lanes were being installed but that she would try to avoid riding on Bloor while the construction is ongoing. "I think drivers are going to get more and more irate. Maybe today, they're being OK about it but I've already heard honking and stuff."

Cyclist Candida Girling said she's optimistic about the bike lanes. TORSTAR NEWS SERVICE

Though Torstar News Service didn't witness any major traffic accidents while walking along Bloor Tuesday morning and afternoon, there were a few small hiccups — several vehicles drove in the closed-off lanes and then got stuck behind barricades, and there were multiple close calls as cyclists weaved between cars or were squeezed between the road and curb.

TORSTAR NEWS SERVICE

THE MAYOR'S TOWERING CHALLENGE

GET INVOLVED!

Reduce waste in your apartment, condominium, or co-operative

The Mayor's Towering Challenge, encourages owners, property managers, superintendents and residents to divert more waste by reducing, reusing, blue bin recycling and green bin organics composting.

From September 2016 to February 2017, let's work together to reduce waste and contribute to a healthy environment.

Registration closes: August 19, 2016
toronto.ca/toweringchallenge

TORONTO Call 311 Live green Toronto

EARN
$5855!
Plus $1800 in Travel Expenses

Are you a Healthy Male between 18 and 45 years of age? If so, we want to hear from you!

Apotex is currently recruiting healthy non-smoking men to participate in a clinical study.

REGISTER ONLINE AT WWW.APOTEX.CA
or Call: 416.741.4256 Toll Free: 1.877.APO.CLNC (1.877.276.2562)
Hours: 8:30AM to 5PM MONDAY TO FRIDAY

- 4 day confinement period, plus 13 one hour, early morning return visits
- You will be paid in installments

APOTEX ADVANCING GENERICS

UP TO

$150* OFF

PER PERSON

LAST MINUTE TRAVEL

Travel by October 31

Sale ends August 14

Flights

Hong Kong

now $915

reg ~~$1015~~

Travel Oct 12 – Oct 24/ac

New Delhi	reg ~~$1009~~	now $909
Travel Sep 20 – Oct 4/tk		
Budapest	reg ~~$1055~~	now $955
Travel Oct 19 – Oct 31/ac		
Tel Aviv	reg ~~$1055~~	now $955
Travel Sep 6 – Sep 20/tk		
Bangkok	reg ~~$1109~~	now $1009
Travel Sep 26 – Oct 10/ac		
Johannesburg	reg ~~$1135~~	now $1035
Travel Oct 18 – Oct 31/ac		
Buenos Aires	reg ~~$1359~~	now $1259
Travel Oct 11 – Oct 25/cm		

We have the Widest Choice of Airfares!

USA Vacations

New York

Flights + 4-Night Getaway

now $905

reg ~~$1005~~

The Westin New York Grand Central, New York Craft Cocktail Tour

INCLUDES hotel in the heart of Midtown Manhattan steps from Grand Central **PLUS** craft cocktail tour. **BONUS** $100* savings included. Departs Sep 8/ggv/ac. **ADD** Empire State Building admission for $45.

San Francisco reg ~~$1159~~ now $1059

Flights + 3-Night Getaway

Hotel Whitcomb, Golden Gate Bay Cruise

INCLUDES boutique hotel in the heart of historic Market Street **PLUS** Golden Gate Bay cruise. **BONUS** $100* savings included. Departs Sep 8/ggv/ac. **ADD** North Beach walking pub tour for $55.

Orlando reg ~~$1309~~ now $1209

Flights + 5-Night Escape

Disney's All-Star Movies Resort, 5-Day Disney World Magic Your Way Base Ticket

INCLUDES on-site hotel **PLUS** 5-day *Magic Your Way* Ticket Base Ticket and airport transfers aboard *Disney's* Magical Express. **BONUS** $100* savings included. Departs Sep 15/ggv/ac. **ADD** 5-day Quick Service Dining Plan for $315.

International Vacations

Rome

Flights + 5-Night EuroBreak

now $1619

reg ~~$1719~~

Windrose Hotel, City Insider - Rome, Vatican Museums Tour

INCLUDES centrally located hotel with daily breakfast near Termini Station **PLUS** a guided City Insider Experience, Vatican Museums tour and roundtrip private airport transfers. **BONUS** $100* savings included. Departs Sep 30/ggv/az.

Cancun reg ~~$1495~~ now $1395

Flights + 7-Night Escape

Gran Caribe Resort, Puerto Morelos Snorkelling

INCLUDES 4-star all-inclusive beachfront resort in the heart of the Hotel Zone **PLUS** guided snorkelling adventure and roundtrip airport transfers. **BONUS** $100* savings included. Departs Sep 22/ggv/ac. **ADD** Chichen Itza tour for $115.

Hong Kong Flights + reg ~~$1575~~

6 Nights 4-Star + Experience now $1475

Cosmopolitan Hotel, Foodie Tour Central and Sheung Wan

INCLUDES contemporary 4-star hotel located amid Causeway Bay's Wan Chai district **PLUS** Central and Sheung Wan foodie tour. **BONUS** $100* savings included. Departs Sep 26/ggv/ua. **ADD** Symphony of Lights cruise for $85.

Tour Package

Costa Rica

Flights + 1-Night + 9-Day Tour

now $1629

reg ~~$1729~~

Hotel Presidente, Costa Rica Quest

INCLUDES flights, 1-night downtown San Jose hotel and 9-day action-packed tour exploring the best of Costa Rica. Soak in the local hot springs of a volcano, discover natural wonders in La Fortuna and experience the whimsical beauty of the Santa Elena Cloud Forest Reserve. **BONUS** $100* savings included. Departs Sep 27/gad/ggv/cm.

Cruise Package

Alaska Flights +

2 Nights 4-Star + 7-Night Cruise

now $2215

reg ~~$2365~~

Volendam, Rosedale on Robson Suite Hotel

INCLUDES flights, 4-star downtown Vancouver hotel with daily breakfast and cruise sailing the Inside Passage, Twin Sawyer Glaciers and Glacier Bay National Park. Departs Sep 19/hal/ggv/ac. **BONUS** $150* savings included. **UPGRADE** to 5-star Fairmont Waterfront and oceanview stateroom with $150* savings for $2775.

For more last minute deals visit **flightcentre.ca/sale**

FLIGHT CENTRE *The Airfare Experts*

flightcentre.ca
More great deals online!

1 866 485 7097
Over 1000 Airfare Experts across Canada.

All advertised prices include taxes & fees.

*Conditions apply. Ex: Toronto. All advertised prices include taxes & fees. Air only prices are per person for return travel in economy class unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include airfare. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees due in destination are additional and include, but not limited to, local car rental charges & taxes, one-way rental drop fees which are to be paid upon arrival, resort fees & charges, tour 'kitty', airline baggage fees and cruise gratuities. *For full terms and conditions of sale please speak with a Flight Centre Travel Expert or visit flightcentre.ca/sale. ac=air canada, cel=celebrity cruises, cm=copa airlines, gad=g adventures, ggv=gogo, hal=holland america line, nz=air new zealand, tfg=trafalgar, tk=turkish airlines, az=alitalia, ba=british airways, ua=united airlines †We will beat any written quoted airfare by $1. Additional important conditions apply. For full terms and conditions visit flightcentre.ca/lowestairfareguarantee. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384*

T.O. 2 RIO

Our athletes at the Games

Multi-tasking her way to Rio

PENTATHLON

Donna Vakalis headed to Brazil for her second Olympic trip

Joe Callaghan
For Metro | Toronto

If you're wondering where Olympians find all the time, you're not alone. But even some Olympians might wonder where Donna Vakalis finds the time.

Here's the rundown: completing a PhD in environmental engineering, working as a teaching assistant at University of Toronto, campaigning for sustainability in urban development and, oh yeah, taking on the world at not one but five sports.

Multi-tasking might just be Vakalis' most impressive trait.

"When you're in a corner and you end up doing something that seems great — 'I had no other choice, my house was on fire, I had to jump through the burning window' — that's how I feel about my multi-tasking," Vakalis says. "I have to because otherwise I would miss out on all the great things that are possible and there's just not enough hours in the day."

The 36-year-old competes in the five-pronged modern pentathlon: fencing, swimming, horse jumping, running and shooting. And she thinks deeply about all of it.

Show jumping is one of five sports in the modern pentathlon. COURTESY TEAM CANADA

Fencing is one of the five sports Donna Vakalis will tackle in the modern pentathlon in Rio. COURTESY TEAM CANADA

"Pentathlon is a microcosm of what most people do with their lives — multitask."
Donna Vakalis

Donna Vakalis of Toronto will test her might in the pentathlon at her second Olympics. LIZ BEDDALL/METRO

"Pentathlon is a microcosm of what most people do with their lives — multi-task," she says. "If n=2, for some people n=5 but it's the same game. It's an optimization game you're playing."

Pressed on her own equation, Vakalis reckons, for her, n=8ish.

It wasn't always that way. She dipped her toe in modern pentathlon in her early teens but left all sport behind for almost a decade.

DECATHLON

While Donna Vakalis's five-pronged workload is beyond hectic, it's still nothing on Damian Warner.

One of Canada's strongest medal hopes in Rio, the London, Ont. native will compete across 10 track and field events in the gruelling decathlon.

"I had these political and social justice ideals, I was a little vegan hardcore kid and decided the culture of sport wasn't for me," she says. But, in her mid-20s, while doing a master's degree in architecture, sport "snuck back up" on her.

"It was escapism from the environmental hazards and culture of being a masters student," says Vakalis. "As an adult I can see the world in a different way, see the opportunities that sport can bring. I didn't see that as a teenager. I really thought then if I want to save the world and be a social justice advocate and learn about sustainability and green buildings, I needed to separate myself from the jocks. As an adult, I could almost laugh at myself then."

Since taking it back up, her sport, which has its origins as a competition for cavalry soldiers, has brought Vakalis to upwards of 50 cities around the world.

This will be her second Olympics and, after finishing fourth at the Pan Am Games last summer, she wants to make a mark in Rio.

Volleyball duo prepares to battle it out on the beach

Did we just become best friends?" Sam Schachter asks as Josh Binstock cracks a wide smirk.

If you don't know much about the leading men of Canadian beach volleyball, here's a quick tip: Imagine the movie Step Brothers, but on sand.

"We know every line of that movie," laughs Binstock. "It's one of our favourites, we play it a lot.

"A friend of ours who was travelling with us to the last tournament, out of nowhere, she said, 'You guys are just like Step Brothers.' We took it as a compliment."

The cult bromantic comedy might not make for a typical Olympic reference point, but this is not a typical sporting couple.

Almost a decade apart in age, Binstock and Schachter will take on the world on the

Sam Schachter
COURTESY TEAM CANADA

Sam Schachter, left, and Josh Binstock have several big competitions under their belts, including the 2015 Pan Am Games in Toronto. COURTESY TEAM CANADA

Josh Binstock
COURTESY TEAM CANADA

storied, golden sands of Brazil's Copacabana Beach.

They do so, not just as representatives of Canada, but Richmond Hill.

"It is pretty ironic that we're both from there and we're going to Rio to take on everyone," says Binstock, who's going to his second Games. "And not just from there, but literally a five-minute drive from one another."

Incredibly, the duo had never met until they became teammates after being opponents at a 2013 tournament in Vancouver.

"When I was growing up playing volleyball, it was always fun to see him coming from where I come from and being able to play on those stages and compete," Schachter says.

The age difference has yet to hinder them as they find middle ground on the sand and off it.

"He's a 26-year-old at heart," says Schachter. "So there's not a huge maturity gap there. He brings a lot of experience more than anything else and I get to feed off of that."

"There's a lot of factors at play," Binstock chimes in. "Ego, being able to be vulnerable around one another, being able to have these courageous conversations, as well call them."

ABOUT THIS SERIES

T.O. 2 Rio
Every day between now and the Opening Ceremony Aug. 5, Metro will introduce you to Olympic athletes from Toronto as they step onto the road to Rio to take their shot at gold.

There's likely to be plenty of those in the coming days in Rio. But for both mentor and protege, hopes are high.

"We do genuinely believe we have the capability to medal," says Binstock. "When I was in London, we knew we could beat anybody in the world but we hadn't beaten anybody in the world yet whereas now we have."

JOE CALLAGHAN/FOR METRO

Tim Rose and his wife Natalie (with his dog Rush) are trying to fly direct to Cleveland in September, but Air Canada said they can't accommodate his wheelchair.
TORSTAR NEWS SERVICE

Air travel unequal

ACCESSIBILITY

People with disabilities face barriers

Luke Simcoe
Metro | Toronto

A Toronto man denied a seat on an Air Canada flight because his wheelchair is too large is a sign of "systemic" problems in the airline industry, accessibility advocates say.

Tim Rose, 31, tried to book a flight to Cleveland in September but was told he wouldn't be able to fly because his wheelchair can't fit in the cargo hold.

"I said, 'This is discrimination,' and they said, 'No it's not, it's the same thing as if you had an oversized bag. If it doesn't fit, it doesn't fit.' So essentially, she just compared me to luggage," Rose said.

Ing Wong-Ward, associate director of Toronto's Centre for Independent Living, uses a wheelchair and said Rose's experience is unfortunately not unique.

"Any traveller who uses a wheelchair can tell you their own stories of horror or surprise," she said.

Passengers cannot bring mobility devices on board aircraft, so, when she flies, Wong-Ward spends hours "in a seat that's not designed for my body" while worrying if her wheelchair will be there when she disembarks.

"One thing people need to understand is that a wheelchair is what we rely on for our independence and autonomy," she said.

Luke Anderson, founder of the Stop Gap initiative, which provides accessible wheelchair ramps to businesses, said companies like Air Canada should provide equal service to all.

RESPONSE

Airline offered choice: Rep
An Air Canada rep said the Toronto-Cleveland corridor plane has a cargo hold door too small for Tim Rose's wheelchair. The rep said the airline offered him the choice of an indirect flight on planes with larger cargo doors or having his wheelchair flown separately and sent to him when in Cleveland. Rose denied receiving any such offers.
THE CANADIAN PRESS

PUBLIC SAFETY

New elevators trouble: Industry expert

Gilbert Ngabo
Metro | Toronto

An age-old adage may help explain Toronto's growing elevator crisis: They just don't build 'em like they used to.

As buildings across Toronto continue to experience elevator breakdowns, a local repairman believes new elevators — rather than their older counterparts — may be the culprit.

"Newer elevators can be far more trouble than 30-, 40- or 50-year units," said Phil Warne, owner of the Toronto-based True Canadian Elevator company.

Case in point: the Aura building in College Park. The brand new, 78-storey condo tower on Yonge Street has been struggling with elevator issues for over a week.

According to Warne, new elevators are designed to shut themselves down periodically, in order to prompt regular maintenance. Some manufacturers program elevators to stop working after a preset number of operations.

"The elevator will remain shut down until a perceived problem is investigated by a technician," Warne said. "This would be akin to the school sending your child home and not permitting them to return without a doctor's note if they so much as sneezed."

In contrast, Warne said older elevators were built with "far less complex" systems, which require less maintenance.

Last month, a Canadian Press report found a sharp increase nationwide in the number of 911 calls relating to people trapped in elevators. The problem was particularly bad in Toronto, where 2,862 calls were made in 2015.

A city spokesperson told Metro elevator regulations are covered under the provincial Technical Standards and Safety Act. Property owners are responsible for ensuring "elevators are maintained and operating at all times," they said.

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?
Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- **Free Consultation**
- **No payment until claim is settled**

Call: 416-363-1867
www.rochongenova.com

REDUCED LAKESHORE GO TRAIN SERVICE
August 5 to 7
Due to construction

What's Changing

Lakeshore East & West
- Service will be reduced from every 30 minutes to hourly the evening of August 5, and all-day August 6 through 7.
- This is due to work at Guildwood GO Station and at the Alexandra Ave. railway crossing between Long Branch and Port Credit GO Stations.

Find out more at **gotransit.com/schedulechanges**
Pour plus de renseignements veuillez visiter le site **gotransit.com**

METROLINX

Reshaping immigration

GOVERNMENT

Experts say federal report must address four key gaps

Having inherited an immigration system plagued with backlogs and heavy-handed enforcement, the Liberal government says it's keen to hear what you think needs to be done about Canada's immigration future.

Since the beginning of the summer, Immigration Minister John McCallum and his parliamentary secretary, Arif Virani, have held more than two dozen roundtable meetings across Canada with settlement services organizations, businesses and community groups.

While the final report won't be ready until the fall, Torstar News Services interviewed a group of immigration experts to weigh in on the national dialogue by identifying gaps in the system and offering solutions.

Jasmyne Bowen waves her Canadian flag while sitting on her cousin's lap during the citizenship ceremony for 37 new Canadians in Guelph in July 2013. TONY SAXON/TORSTAR NEWS SERVICE

Meaningful and accessible citizenship

Andrew Griffith, a former director general at the immigration department, said Canada largely has its immigration policies and programs right, but an independent review by a royal commission would be helpful.

Griffith said Ottawa must set targets for naturalization as a benchmark, to assess whether its policies strike the right balance in making citizenship accessible and meaningful.

Family reunification key to immigrants' success:

Debbie Douglas, of the Ontario Council of Agencies Serving Immigrants, said Canada's immigration program should be guided by the principle of nation-building. And the best way to support newcomers is to support family reunification through faster processing.

"We believe family reunification should be increased to 40 per cent of total immigration numbers," she said.

"Canada should also prioritize refugee family reunification and invest the needed resources to reduce processing delays in refugee family sponsorship."

Foreign workers, migrants need access to permanent residence:

Harald Bauder, director of Ryerson University's graduate program in immigration and settlement studies, said the success of Canada's annual intake of immigrants depends on the government's willingness to fund the settlement sector.

With proper resources, he said, Canada could welcome far beyond 1 per cent of its population annually.

The 1 per cent solution for growth and prosperity:

The Conference Board of Canada said immigration is the backbone of the country's population growth and Canada could admit up to 1 per cent of its population in immigrants each year, for its economic prosperity.

"To go beyond the 1 per cent annual level of immigration, Canada would need to rethink its allocation of resources and strategic plans for helping to spread settlement across the country and outside of major cities," the board said in a response prepared by vice-president Michael Bloom and research associate Kareem El-Assal. THE CANADIAN PRESS

IN BRIEF

Agency urges caution as Zika hits U.S. mainland

The Public Health Agency is telling pregnant Canadian women who visited the Miami area in Florida on or after June 15 to take precautions against the Zika virus.

The warning comes after U.S. health officials said mosquitoes have apparently started spreading Zika on the U.S. mainland. THE CANADIAN PRESS

Ontario NDPer drops out of federal leadership race

Ontario New Democrat Cheri DiNovo is pulling out of the federal NDP's leadership race because of health reasons.

DiNovo, a member of the Ontario legislature, issued a statement saying she suffered what doctors believe were two small strokes in recent weeks, which she called "a terrifying ordeal."

The veteran NDPer says she needs to spend the next month or so focusing on her health so she'll be able to return to the Ontario legislature for the fall sitting. THE CANADIAN PRESS

SOME KIDS REALLY NEED AN OUTSIDE CHANCE!

PLEASE HELP US SEND 25,000 KIDS TO SUMMER CAMP

Name .....

Address ..... City .....

Province ..... Postal Code ..... Telephone .....

Please make cheque payable to: The Toronto Star Fresh Air Fund, One Yonge St., 4th Floor, Toronto, ON M5E 1E6. Enclosed is my cheque for $..... (PLEASE PRINT CLEARLY)

I would like my contribution published as follows:

Examples:
1. In memory of
2. In lieu of
3. In honour of
4. Anonymous
5. My name

To donate by VISA, Amex, MasterCard or Discover, call 416-869-4847.
Online, please visit www.thestar.com/freshairfund.

2016 GOAL: $650,000

THE TORONTO STAR FRESH AIR FUND

U.S. President Barack Obama speaks about Donald Trump at a press conference Tuesday. SAUL LOEB/AFP/GETTY IMAGES

Obama calls Trump 'unfit'

PRESIDENTIAL RACE

U.S. leader says it's time for Republicans to cut ties

As Republican loyalists continue to flee, Donald Trump ignited new party tensions Tuesday by refusing to endorse House Speaker Paul Ryan or a pair of senators seeking re-election, a remarkable display of party division just three months before Election Day.

The Republican presidential nominee told The Washington Post he's "just not quite there yet," when asked about an endorsement of Ryan, who faces a primary election next week. In doing so, he echoed the House speaker's comments of almost three months earlier, when the Wisconsin congressman was initially reluctant to embrace Trump as his party's standard bearer.

Also Tuesday, the woman who helped shape New Jersey Gov. Chris Christie's national image declared that she's voting for Clinton.

"As someone who has worked to further the Republican Party's principles for the last 15 years, I believe that we are at a moment where silence isn't an option," former Christie senior aide Maria Comella told CNN.

They join dozens of high-profile GOP leaders who have previously said they would not vote for Trump, including the party's 2012 nominee, Mitt Romney, and former Florida Gov. Jeb Bush.

A day earlier, Sally Bradshaw, an architect of the Republican National Committee's 2013 Growth and Opportunity report, said she's leaving the GOP. Her decision to leave the party rocked those who make politics their profession.

"Trump has moved in exactly the opposite direction from our recommendations on how to make the party more inclusive," said Ari Fleischer, who worked with Bradshaw and was a senior adviser to President George W. Bush. THE ASSOCIATED PRESS

TRADE DEAL

Obama says he plans to save the 12-country Trans-Pacific Partnership trade deal during the two-month post-election period known as the lame-duck session, when the outgoing administration and lawmakers briefly remain in office.

The deal essentially dies without U.S. ratification. To enter into force, the agreement needs to be approved by the lawmaking bodies of at least 85 per cent of the TPP region's total economy — a mathematically impossible task without the U.S. THE ASSOCIATED PRESS

DIVISION

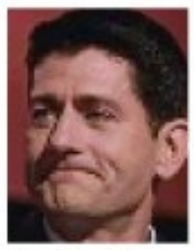
Nominee won't endorse key party figures

As Republican loyalists continue to flee, Donald Trump ignited new party tensions Tuesday by refusing to endorse House Speaker Paul Ryan or a pair of senators seeking re-election, a remarkable display of party division just three months before Election Day.

The Republican presidential nominee told The Washington Post he's "just not quite there yet," when asked about an endorsement of Ryan, who faces a primary election next week. In doing so, he echoed the House speaker's comments of almost three months earlier, when the Wisconsin congressman was initially reluctant to embrace Trump as his party's standard bearer.

Also Tuesday, the woman who helped shape New Jersey Gov. Chris Christie's national image declared that she's voting for Clinton.

"As someone who has worked to further the Republican Party's principles for the last 15 years, I believe that we are at a moment where silence isn't an option," former Christie senior aide Maria Comella told CNN.



Paul Ryan ASSOCIATED PRESS

They join dozens of high-profile GOP leaders who have previously said they would not vote for Trump, including the party's 2012 nominee, Mitt Romney, and former Florida Gov. Jeb Bush.

A day earlier, Sally Bradshaw, an architect of the Republican National Committee's 2013 Growth and Opportunity report, said she's leaving the GOP.

"Trump has moved in exactly the opposite direction from our recommendations on how to make the party more inclusive," said Ari Fleischer, who worked with Bradshaw and was a senior adviser to President George W. Bush. THE ASSOCIATED PRESS

5GB of Snappuccino.

Special Offer: Everywhere Plan

True mobile freedom is 5GB of data on our home network, plus unlimited Canada-U.S. talk and text. Offer ends soon.

$40/mo for 10 months

windmobile.ca

true mobile freedom

WIND

Learn more at windmobile.ca. Offer valid from August 2 to October 3, 2016, and is subject to change without notice. To be eligible for the $50 bonus, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of at least $45. A $5 monthly credit will be applied to your account for up to 10 months to a maximum of $50. For Pay Before customers, the top-up will be applied on the second bill after activation. May not be combined with any other in-market offer, with some exceptions. All services subject to WIND's Terms of Service, Fair Usage and Internet Traffic Management Policies. Applicable taxes extra. Samsung and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

Earth feeling the heat

CLIMATE

Report says 2015 was the hottest year on record

Earth's fever got worse last year, breaking dozens of climate records, scientists said in a massive report nicknamed the annual physical for the planet.

Soon after 2015 ended, it was proclaimed the hottest on record. The new report shows the broad extent of other records and near-records on the planet's climatic health. Those include record heat energy absorbed by the oceans and lowest groundwater storage levels globally, according to Tuesday's report from the National Oceanic and Atmospheric Administration.

"I think the time to call the doctor was years ago," NOAA climate monitoring chief Deke Arndt, co-editor of the report, said in an email. "We are awash in multiple symptoms."

The 2015 State of the Climate report examined 50 different aspects of climate , including dramatic melting of Arctic sea ice and glaciers worldwide. A dozen different nations set hottest year records, including Russia and China. South Africa had the hottest temperature ever recorded in the month of October: 119.1 degrees Fahrenheit (48.4 degrees Celsius).

Even though it was a relatively quiet hurricane year in the Atlantic, there were 36 major tropical cyclones worldwide — 15 more than average, said NOAA climate scientist Jessica Blunden, co-editor of the report published Tuesday in the Bulletin of the American Meteorological Society.

THE ASSOCIATED PRESS

Children play as they cool down in a fountain beside the Manzanares river in Madrid last year — a year that saw dozens of climate records broken. ANDRES KUDACKI/THE ASSOCIATED PRESS FILE

TURKEY

Erdogan blames West for attempted coup

Turkish President Recep Tayyip Erdogan once more blasted unnamed Western countries Tuesday for what he said was support for the attempted coup on July 15 that left more than 270 people dead.

"The West is supporting terrorism and taking sides with coups," Erdogan said, adding that forces unhappy with Turkey's rise as a regional power were behind the coup.

Erdogan also repeated a complaint that no foreign leader had visited Turkey after the failed coup, while France and Belgium received visits in solidarity after terror attacks there.

"Those we considered friends are siding with coup-plotters and terrorists," the president said.

When it was allied with Erdogan's government in the past, the Gulen movement was believed to have been behind a series of crackdowns on pro-secular figures as well as military officers accused at the time of plotting a coup. Hundreds were jailed after trials in which evidence was later found to have been fabricated. Many convictions have been overturned. THE ASSOCIATED PRESS

IN BRIEF

Heavy monsoon rains batter India

The death toll in flooding from heavy monsoon rains in India has climbed past 90, with about a million people taking shelter in government-run relief camps, officials said Tuesday.

Incessant downpours have damaged swaths of land, uprooted trees and snapped telephone cables in dozens of districts in the states of Bihar in the east, Assam in the remote northeast and Himachal Pradesh in the north.

A total of 96 people have been killed in the flooding in the three states over the past week, according to state officials. THE ASSOCIATED PRESS

Rotman School of Management
UNIVERSITY OF TORONTO

Do you know a woman who has been out of the workforce for 3 years or more?

Is she thinking about going back?

Back to Work: A Program for Women

Sponsored by TD Bank Group, Microsoft Canada, RSA Group Canada and KPMG LLP

Starts September 13, 2016

Information Session:
Tuesday, August 9, 2016
10-11am
Rotman School, University of Toronto
105 St. George Street, Classroom 1065

Register at http://uoft.me/infosession

Program details and to apply online:
www.rotmanexecutive.com/backtowork

Initiative for Women Business
Rotman

We are looking for FEMALES for an upcoming study

If you are a female, 18-50 years of age, non - smoking and free of daily medications, you may be eligible.

Lambda Therapeutic Research Inc.
Participants are compensated for their time.
Compensation is up to $5,500
for completing the entire study
(disbursed throughout the study)

REFER A FRIEND AND YOU MAY RECEIVE $100

LAMBDA
Lambda Therapeutic Research

Study #0443-16
1 period with several return visits

	Check-in	Check-out
Group 1	September 15th, 2016	September 18th, 2016
Group 2	September 22nd, 2016	September 25th, 2016
Group 3	September 29th, 2016	October 2nd, 2016

FOR MORE INFORMATION
416-752-3333 Toll Free: 1-866-207-3333
Mon-Fri: 8am-6pm Saturday: 10am – 4pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4

metro VIEWS
Your essential daily news
Wednesday, August 3, 2016

ROSEMARY WESTWOOD
ON A CYCLE OF FEAR

We are not engulfed in anti-immigrant sentiment but we still hear the old chestnuts ('Go back where you came from!') delivered with an urgency that belies how familiar the process of welcoming newcomers really is.

Anti-immigration calls enveloping the U.S. election and destabilizing politics in Europe contain a common urgency.

Common, but deceptive. The urgency is actually old and recycled. It's contained in anti-immigration calls over centuries, addressed in a Shakespeare monologue that calls for an angry mob to put itself in the foreigner's shoes, exemplified by discrimination and hatred shown to Irish, Italians and Polish in North America in decades past. The urgency is apocalyptic. It signals a swift-stalking doom. It promises the end is pretty much already nigh, the fears already realized.

And it was the tenor of public sentiment here, fifty years ago, when Matilda, an Armenian from Aleppo, Syria, arrived in Canada.

"Back then it was nothing to say, 'Go back where you came from,'" she said, sitting in a chair in the centre of the corner shop she runs in Toronto's Little Italy, an odds-and-ends buffet of household items supplied entirely by her not large, but largely hoarding family ("One even keeps gum wrappers!").

There are teacups, silverware, running shoes and a floral kimono (which brought me in), a vintage Madonna magazine, art prints, and the sense that anything might be unearthed. But Matilda herself is far more interesting. She sat near a fan ("I hate the heat") and I found myself sitting in the chair beside her, which I now imagine she keeps for visitors, expected or otherwise.

"Do you know what a DP is?" she asked, then answered: "Displaced person."

When Matilda and her husband arrived in Toronto, they rented an apartment while her husband, who had already studied to become a pharmacist in Rome, went back to school to earn Canadian credentials while working night shifts at a hospital pharmacy.

"You DP's," their neighbour told them one day, repeating a phrase echoed through history: "You come here and take all the jobs."

A CANADIAN TRADITION Former Conservative immigration minister Jason Kenney is seen in 2010 at a press conference where he announced an increase in Canada's refugee quotas. CP FILE

For forty years, Matilda's husband ran a pharmacy in this shop, and the pink neon "pharmacy" sign still glows over a clothing rack. He died suddenly one day at work eight years ago, and no one wanted to buy the little pharmacy, she said. So, two months later, Matilda opened the reimagined shop.

She thinks Toronto has changed immensely since they arrived, grown in diversity and diminished in discrimination. And yet, last year, during the height of the niqab debate, a Conservative MP was chastised for telling Muslim women to "stay the hell where you came from" if they seek to cover their face during citizenship ceremonies.

That same old chestnut.

Which is not to say we are also engulfed, like U.S., or the U.K., or Europe generally, in anti-immigrant sentiment. Eight in 10 Canadians think immigration is good for the economy, and more than half disagree with the statement that immigration levels are too high, according to an Environics Institute survey from 2015. Even our right-wing politicians are believers. When Jason Kenney, a former immigration minister, announced his campaign to unite and lead Alberta's right-wing parties, he played up immigrants' positive impacts on this country. His former colleague, MP Michelle Rempel, has been hammering away at the Liberal government for not fast-tracking Yazidi refugees from Iraq.

But Canada has something that others do not: control. It's difficult to travel to this country, bordered as it is on three sides by forbidding oceans and on the fourth side by the U.S.

Immigrants brought here, under a fairly well-functioning program, are often highly skilled and carrying job offers (a priority for the Conservatives). Essentially, they're invited. In the U.S., the U.K. and other nations, immigrants are those who arrive of their own accord.

Our buffers make our welcoming posture easier to achieve, warns Jeffrey Reitz, director of Ethnic, Immigration and Pluralism studies at the Munk School for Global Affairs. And studies have not conclusively shown that we're any better than the U.S. at integrating immigrants when they do arrive, he added.

As for the desperation with which anti-immigrant sentiment is flung, it's historically unnecessary.

"In every wave of immigration, people raise the alarm that society is being destroyed and in no case that I can think of has it come to pass," Reitz said.

A recent case in point: "In the '70s and early '80s, there was a big debate in Toronto about the fact Toronto was no longer, because of immigration, a majority British city."

And then?

"All the people that used to be in 'them' in the '70s and '80s, they then became 'us.'"

A more recent case in point: As I was talking with Matilda, a homeless man in a long trench and non-matching sneakers sans laces walked in.

"Here comes my boyfriend," she said.

"Candy?" the man asked.

"Yes, I have candy for you," she said. "One minute."

The man pulled up his pant legs to reveal bare ankles. "And socks."

"Yes, I have socks for you."

She turned back to me to deliver the punchline of the joke she was telling. "The third man says, 'I wrote him a cheque!'"

Then she laughed and then she moved off to retrieve her boyfriend's requests. One of us and, surely, one of the better.

Where immigration is concerned, Canada has something that others do not: control

'The Brazilian Way' of getting the job done

Kira Proctor

With only days to go before the opening ceremonies, there are growing concerns over whether Rio de Janeiro is prepared to host the Olympics.

Amid the published concerns, there are plenty of good reasons for doubt: a government in political turmoil, a state that is bankrupt, the potential threat of the Zika virus, unfinished stadiums void of workers or progress, similarly unfinished metro links, contaminated water in the harbour, and numerous reports of human rights violations, which include everything from forced evictions to police brutality.

The consensus in the media is clear: Rio is a disaster. Outside of the country, this news carries an element of shock. How could they let it get so bad? When I speak to friends in Brazil, my questions are met with tired shrugs and a quippy "What did you expect?" With a smirk that seems to combine celebration and cynicism, they add, "It's the Brazilian way."

Is there such a thing? Brazilians seem to think so. It even has a name: *jeitinho*. According to Brazilian anthropologist Lívia Barbosa, there is no English translation for the expression *dar un jeitinho*. She says, "'To pull a string' or 'to cut through the red tape' are the most similar idiomatic expressions I can find."

The *jeitinho* suggests a circumventing of official channels, along with a certain resourcefulness and creativity in getting what you need. Flirting with a bank teller to speed up a money order, slipping through a club's side door with the help of a bouncer, getting a co-worker to cover for you when you duck out early.

Most cultures employ analogous methods of pulling strings or helping each other out, so what makes the *jeitinho* unique? It seems to occur on an almost instinctual level for most Brazilians; it may be their first course of action, before even trying official channels. It is a favour asked for and given without the expectation of being repaid in anything but friendliness. There is no debt. It is a human practice — sympathetic, kind, helpful, and a great equalizing force in a society plagued by inequalities.

A similar bending of the rules goes on at the highest levels of government but sadly performs the opposite function. We're seeing it right now in the leadup to the Olympics. Take the wall erected along the highway from the airport to the touristy areas of the Zona Sul. Sold to locals as a sound barrier, it's obviously an attempt to block out some of Rio's most impoverished communities. It turns transparent any time there is something positive to look at — a newly built school, for instance.

"The Olympics pretext is awesome," Rio's mayor joked in 2012. "I need to use it as an excuse for everything. … Now all that I need to do, I will do for the Olympics. Some things could be really related to the Games, others have nothing to do with them." Was anyone laughing then? Are they now?

The *jeitinho* is Brazil at its best and worst. Whether Rio succeeds or fails in pulling off these Olympics, it will be largely because of the *jeitinho*.

Kira Proctor is a writer who spent three years living in Brazil, studying Portuguese, capoeira and Afro-Brazilian dance and culture.

metro
Your essential daily news
CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at www.mymetrostore.ca

Switch to TD
Get a Samsung 40" SMART TV*

ISTOCK

Ready to save?

How to start planning — and saving — for retirement

Sean Deasy

Retirement signals some big changes. Chief among these is a potentially uncertain income. Despite this, some Canadians don't steer serious savings toward their post-career life until their 40s — or even later. Why not ratchet up your savings right now? It's the cornerstone of your retirement plan.

If you began socking away income in your 20s rather than your 40s, you'll clearly have more cash in retirement. But whether or not you got that early start, there's no time like the present to embrace the principals of saving. Determine where you spend your money on a daily, weekly or monthly basis, and then either budget or track your expenses. Understanding how much and where you spend your savings is the basis of an enduring financial plan.

Start an automatic savings plan. Have some funds come off each paycheque and automatically deposited into your bank account. Most people tend to spend first and try to save whatever they have left over. The best plan, especially for large-scale saving, is the opposite: save first and then live on the remainder.

Paying off debt entirely prior to retiring is a challenge for many Canadians. Those who enter into retirement in the red risk being tethered by a debt load that will only grow. Try to resist using your credit cards unless you pay them off unfailingly, and recognize that you one day might not have the lifestyle you enjoy today.

Freedom from transaction limits.

That's switch worthy.

With our TD unlimited transaction chequing account, you can take your mind off the number of monthly transactions and focus on enjoying life. Switch to TD today.

Visit a branch or tdcanadatrust.com/switch

TD Banking can be this comfortable.

Conditions apply. ®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Ready to retire?

Your financial plan is in place. What now?

ISTOCK

Sean Deasy

You've stockpiled enough savings to make sure your retirement will be financially comfortable. But what will those golden years look like? You've already done the hard part — long-term financial planning is the key to living the life you've always wanted. But there are other considerations, too:

Going from full-time employee to full-time retiree can be a shock for some. To prepare yourself, get educated. Read books and blogs on retiring happily or, better yet, find a mentor who's currently flourishing in retirement. Mine them for tips and advice on how they've transitioned. Are you interested in part-time employment or full-time volunteering, or a combination of the two? A good mentor has likely found the right balance.

Enjoying a good quality of life largely depends on maintaining good health. Regular exercise is one key: staying active can prevent health problems, keep bones strong and boost your mental well-being. (If you've never been into athletics, recruit an activity partner for a built-in incentive.) Maintaining a healthy diet and having regular medical check-ups are also must-dos. You'll need energy to enjoy everything you'll have time for in retirement.

Your savings are solid, but how are your investments? Combining your existing nest egg with other sources of income, such as a Retirement Income Fund (RIF), can create a healthy, tax-efficient income stream. Retirement is all about minimizing uncertainty. An RIF lets you determine how much income you withdraw yearly from your savings —flexibility you'll appreciate for the adventure ahead.

SAMSUNG

Conditions apply.
Offer ends Sept 2, 2016.

*Model Number: UN40J5200. Samsung is a registered trademark of Samsung Electronics Co., Ltd., used with permission. Screen image simulated. Product may not be exactly as shown. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro LIFE

Your essential daily news

Starbucks recalls stainless-steel straws after reports of children suffering "mouth lacerations"

What's next for the kids?

This summer's hit show Stranger Things rides a Steven Spielberg-Rob Reiner vibe with its use of a solid young cast and early 1980s timeline to tell an engrossing sci-fi (with a side of horror) tale. It's only been on Netflix for about a month, but the pre-teen stars appear poised for bigger things. We check in on what's next. TORSTAR NEWS SERVICE

NOAH SCHNAPP
He plays Will Byers, the vanished boy who sets the story in motion. Before the show, the 11-year-old actor voiced Charlie Brown in The Peanuts Movie and played Tom Hanks' son in Steven Spielberg's Bridge of Spies. He'll be seen next as Otis, a "nine-year-old crossword fanatic" in family drama We Only Know So Much, alongside Jeanne Tripplehorn, Damian Young and Loudon Wainwright III. It's due out next year.

FINN WOLFHARD
The Vancouver-born 13-year-old plays Mike Wheeler, leader of the group of guys at the heart of Stranger Things. And this is not the only horror-tinged project on his plate. There's plenty more spooky stuff going on for Wolfhard, who is now in Toronto shooting Andres Muschietti's two-part remake of It. He plays one of the seven kids in the Losers Club, Richie Tozier.

CALEB MCLAUGHLIN
Now playing likable Lucas Sinclair on Stranger Things, McLaughlin isn't ready to leave the '80s behind. He'll be seen next in New Edition: The Movie. The three-night miniseries to air on BET tells the story of the 1980s boy band, with McLaughlin playing the young Ricky Bell. Elijah Kelley takes over the role as the singer grows up.

GATEN MATARAZZO
The young actor described his character Dustin Henderson as "a gregarious, foul-mouthed 12-year-old boy" in an interview with IndieWire. His speech impediment is natural, so is his adorable smile. This is only his second TV role, but Matarazzo is no performing newcomer. When he's not on the Stranger Things set, he's busy playing Gavroche in musical Les Misérables.

MILLIE BROWN
Playing Eleven, the mysterious girl with the shorn hair, fixed stare and psychokinetic skills, is the breakout role for the 12-year-old Spanish-born Brit. She's done a few TV guest spots, including Grey's Anatomy and Modern Family, and played young Alice in series Once Upon a Time in Wonderland. What's next could include a musical. Brown's YouTube site has her doing emotional renditions of songs by Amy Winehouse, Adele and John Lennon.

COURTESY NETFLIX

JOHANNA SCHNELLER WHAT I'M WATCHING

When the little ones grow up to hate you

THE SHOW: Tallulah (Netflix)
THE MOMENT: Stating the theme

Tallulah, or Lu (Ellen Page) — who lives hand-to-mouth in her van — has done something rash.

She snatched a toddler from an unhappy mother, Carolyn (Tammy Blanchard), an aging sex bomb. Then she passed the baby off as her own to her boyfriend's mom, Margo (Allison Janney), who's unhappy for different reasons. Now the police close in on Lu, while Carolyn waits with Margo. "I wished for this to happen," Carolyn says. "So many times. 'If only she was gone.'"

"You don't mean that," Margo says.

"I did," Carolyn insists. "I kept waiting for some mommy feeling, but it never came. I thought maybe if I had a baby, my husband would be interested in me again.

"But it's the opposite. It's so lonely. Am I a horrible person?"

Margo's eyes well. "We're all horrible," she says. "And we're all just people."

Normally I'm not impressed when dialogue hits the theme on the nose. But in this telefilm, it works, beautifully, because it comes from Margo's character. All three women are drawn both fully and delicately. Each does things that surprise us, but each surprise is true to, and deepens, who they are. That's a feat. And can we please share a moment of silent reverence for Janney?

This is one of many beats where she leaves us gaping.

Every parent will relate to an earlier one: Lu mentions that the toddler's littleness blows her mind. "Then they grow up and hate you," Margo says, "and it really blows your mind."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Lu (Ellen Page) is a delicately developed character. CONTRIBUTED

Aw, shucks

Best recipes for corn season

From top, clockwise, creamy miso and corn soup, sriracha corn-chickpea burgers and corn relish. TORSTAR NEWS SERVICE

We've gone through asparagus and berries are still going strong but late summer (as much as it pains me to type that) means the beginning of corn season.

You know the drill: crowds of shoppers shucking ears at the supermarket, much to the dismay of employees.

One easy way of preparing corn is to char the ears, with the husks on, over a grill and top them with butter, salt and maybe a bit of cayenne and a squirt of lime. But here are four fancier (but easy) ways to enjoy corn in its prime.

Creamy miso and corn soup

Makes 8 servings.

Make this soup a day ahead so that the flavours intensify overnight. To turn it into chowder, add hunks of cod, potatoes and peas.

Ingredients:

- 8 fresh ears of corn, cobs and kernels separated
- 8 cups (2 L) water
- 3 tbsp (45 mL) unsalted butter
- 1 chopped large onion
- 5 tbsp (75 mL) white miso paste
- Salt and pepper, to taste
- Chopped green onion, for garnish
- Panko crumbs, for garnish
- Olive oil, for garnish

Directions:

1. In a large heavy bottomed pot, add cobs. Cut cobs in half with a sharp knife if pot isn't large enough. Add water and bring to a boil over high heat. Continue to boil for 10 minutes before reducing heat to medium and simmer uncovered for 1 hour or until liquids are reduced to 3 cups.

2. Discard cobs. Strain liquids into bowl and set aside.

3. Using same pot over medium-high heat, melt butter. Add onion and sauté until translucent, about 5 to 6 minutes. Add miso and reserved corn stock. Stir until miso has dissolved.

4. Add corn and stir until just under a boil. Using a hand blender, pulverize corn until it reaches a creamy, velvety consistency. If using a blender, puree soup in small batches.

5. Divide into bowls and garnish with green onion, panko crumbs and drizzle of olive oil.

Serve immediately

Sriracha Corn-Chickpea Burgers

Makes 4 burgers.

Don't subject your vegetarian guests to mystery soy burgers at your next dinner. These hearty, veggie-packed patties are meaty, flavourful and don't fall apart thanks to the binding qualities of egg and panko crumbs. Serve these delectable burgers with corn relish.

Ingredients:

- 1 540-mL can chickpeas (2 cups) drained and rinsed
- 2 cups (500 mL) fresh corn kernels
- 3 garlic cloves
- 1 finely chopped shallot
- 1 tbsp (15 mL) Sriracha, plus more for extra heat
- 1 tbsp (15 mL) chopped parsley or cilantro
- 1/4 cup (60 mL) finely diced red pepper
- 1 cup (250 mL) panko crumbs
- 1 large beaten egg
- Salt and pepper, to taste
- Canola or vegetable oil, for frying
- Four soft burger buns
- Burger toppings (sliced red onion, tomato, arugula, mayonnaise, etc.)

Directions:

1. In a food processor, pulse chickpeas, corn and garlic until combined but not pureed. Transfer to a larger mixing bowl.

2. Add shallot, Sriracha, parsley, red pepper, panko and egg. Mix until combined. Add salt and pepper to taste. Divide mixture into four large burger patties.

3. In a large oiled skillet over medium-high heat, cook burgers until slightly browned and crisp on each side, about 3 to 4 minutes per side.

4. Remove from heat and add to burger.

Serve immediately

Corn relish

Makes 2 cups relish

Ingredients:

- 1 cup (250 mL) apple cider vinegar
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) caraway seeds
- 1 1/2 tsp (7 mL) dried mint
- 1 1/2 tsp (7 mL) chili flakes
- 1 tsp (5 mL) kosher salt
- 1 tsp (5 mL) granulated sugar
- 1/2 cup (125 mL) finely diced red pepper
- 1 shallot, finely diced
- 2 cups (500 mL) fresh corn kernels

Directions:

1. In a medium saucepan over medium high heat, bring vinegar, cumin, coriander, caraway seeds, mint, chili flakes, salt and sugar to a boil. Turn heat down to medium.

2. Add red pepper, shallot and corn. Simmer for 20 minutes.

3. Take pot off heat and let cool completely to room temperature before refrigerating in an airtight container.

TORSTAR NEWS SERVICE

HOLDERS FOR YOUR CORN ROASTS

These cute corn holders offer protection from greasy corn hand syndrome with a side of panache.

TORSTAR NEWS SERVICE

1 Pig out

For a vegetarian twist on nose-to-tail dining, use these piggy corn holders to chow down on an ear. **Maker:** Charcoal Companion
Price: $11.99 for set of four
Available: amazon.ca

2 Tailgate mate

You'll never have to worry about your corn "touching down" with these football handles to prevent slips.
Maker: Outset
Price: $12.79 for set of four
Available: well.ca

WE NEED MALES

Are you a healthy, non-smoking,
MALE / 18 - 55

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 2011
Males 18 - 55

- Study starts on Aug 4, 2016 – 2 sessions with 4 returns per session
- Compensation is up to $2700 for completing the entire study.

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

LEAN BACK.
DIVE IN.

DIVERSIONS

The Toronto Star has added a daily Diversions section to its free tablet app.

Get Toronto Star Touch and tap into the crossword, horoscopes, three levels of Sudoku and the comics.

Free. Every day.

TORONTO STAR TOUCH FROM TORONTO STAR

Download on the App Store

ANDROID APP ON Google play

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Cool treats

Trying to beat the heat with a cool treat can land you in hot water nutritionally!

PICK THIS

Dairy Queen Hot Fudge Sundae

Calories 440
Fat 15g
Sugar 57g

SKIP THIS

Dairy Queen Cotton Candy Blizzard

Calories 870
Fat 23g
Sugar 113g

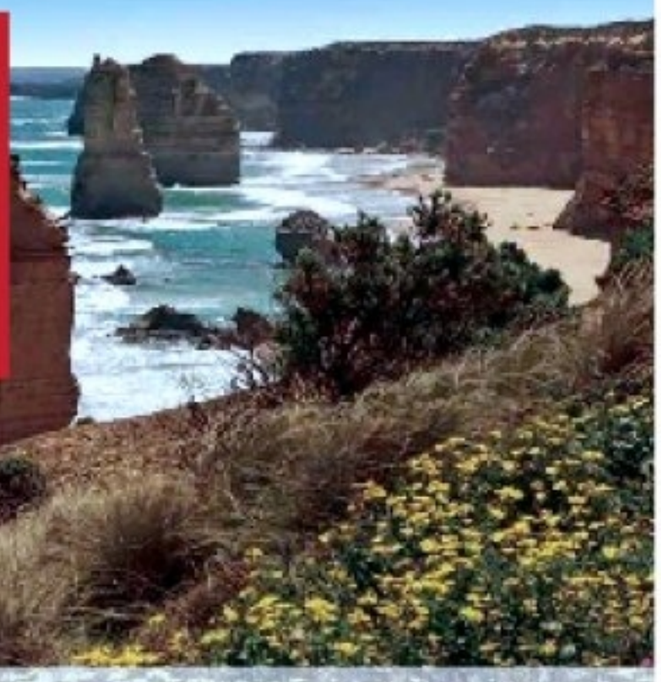
HERE'S WHY

Equivalent two 2L bottles of Coke in sugar

The hot temperatures have us running to these sweet soft serve desserts that we believe are lighter than regular ice cream, since they are made with milk not cream. Once you add all the mixes that are in the famous Blizzards, you have more calories, fat and sugar than an entire meal! You can still have your dessert by picking a not-so indulgent option. The classic Hot Fudge Sundae is a better substitute. You'll get your sweet fix and a cool down, but save half the calories, fat and sugar.

EXPLORE AUSTRALIA

Save up to $250* on your Australia vacation.



For more information on our Australia deals, visit **flightcentre.ca/australia**

FLIGHT CENTRE The Airfare Experts 24/7 1 866 502 4269

*For full terms and conditions of sale please speak with a Flight Centre Travel Expert or visit flightcentre.ca/australia. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

U.S. RESEARCH

Medical benefits of flossing not proven

It's one of the most universal recommendations in all of public health: Floss daily to prevent gum disease and cavities.

Except there's little proof that flossing works. Still, the U.S. government, dental organizations and manufacturers of floss have pushed the practice for decades. Dentists provide samples to their patients; the American Dental Association insists on its website that, "Flossing is an essential part of taking care of your teeth and gums."

The U.S. federal government has recommended flossing since 1979, first in a surgeon general's report and later in the Dietary Guidelines for Americans issued every five years. The guidelines must be based on scientific evidence, under the law. Last year, the Associated Press asked the departments of Health and Human Services and Agriculture for their evidence, and followed up with written requests under the Freedom of Information Act.

When the federal government issued its latest dietary guidelines this year, the flossing recommendation had been removed, without notice. In a letter to the AP, the government acknowledged the effectiveness of flossing had never been researched, as required. The AP looked at the most rigorous research conducted over the past decade, focusing on 25 studies that generally compared the use of a toothbrush with the combination of toothbrushes and floss. The findings? The evidence for flossing is "weak, very unreliable," of "very low" quality, and carries "a moderate to large potential for bias."

"The majority of available studies fail to demonstrate that flossing is generally effective in plaque removal," said one review conducted last year.

National Institutes of Health dentist Tim Iafolla acknowledged that if the highest standards of science were applied in keeping with the flossing reviews of the past decade, "then it would be appropriate to drop the floss guidelines." Regardless, he added, people should still floss.

THE ASSOCIATED PRESS

LIQUID ASSETS

An ale for summer

With their often palate-pounding maltiness and penchant for high levels of bitter hops most ales don't match well with the lazy, hazy, crazy days of summer.

Belgium, a country that treats beer with the same reverence its European counterparts give to wine, has a liquid answer for everything, and when it comes to warm weather drinking its population turns to white beer. The original is Hoegaarden (6x330ml, $14.25-$15.49), a cloudy wonder made with wheat and infused with coriander and orange peel. It's the inspiration behind dozens of wheat-based brews including Molson Coors' Belgian Moon (473ml, $2.45-$3.69).

Belgian Moon is a thirst-quenching refresher that sees its citrusy flavour profile elevated a few floors when served on a hot day with a slice of orange as a garnish.

PETER ROCKWELL/ METRO

Great science plays here.

Science Explorations Summer Camps

York University's Science Explorations Summer Camps are week-long programs continuing through August. Campers explore Science, Technology, Engineering and Mathematics through hands-on and engaging experiments.

August 1 - August 26, 2016 | Grade 3 - 8 | 9am - 4pm. Before and after camp care available. To register or, for more information, call **416-736-2100 x 44552**, email **explore@yorku.ca** or visit our website:

scix.science.yorku.ca/summercamp2016

Helping develop medicines is something we take personally.
So we're inviting you to take part in a research study and make a difference.

DETAILS

Male and female adults, **19 to 55** years old, who are moderate alcohol drinkers.
A screening visit, a qualification session, four 4-day in-clinic periods with 4 outpatient visits, and a follow-up visit.
You will be compensated up to **$4130** for your participation.

connect with us.

inc Research®

www.studies4u.com • 1.855.633.8585 • 720 King Street West, 7th Floor

If you know someone who is interested in participating in a clinical research study, you may be eligible for a referral of $150.

metro WHEELS
Your essential daily news

Alfa Romeo 4C not likely to last past 2020

Brought to you by the letter C

ALL PHOTOS LEE BAILIE

REVIEW

Collab? Compact? Crossover? Cool.

Sami Haj-Assaad
AutoGuide.com

Today's review of the Infiniti QX30 is brought to you by the letter C. C, as in collaboration, compact and crossover — all words that apply directly to this all-new vehicle from the Japanese automaker.

See, this new vehicle from Nissan's luxury arm was developed with some help from a German rival: Daimler, the folks behind Mercedes-Benz.

In fact, the platform and powertrain are all Mercedes derived, and you can get a very similar car to the QX30 with the Mercedes GLA 250. But there's more. It features a nicely crafted cabin, more refined driving dynamics and is offered in a number of different variants that will surely appeal to luxury buyers.

Infiniti wants customers to think of the QX30 as a whole family of vehicles. That's because it is offering three versions of it: the base QX30, the QX30 Sport and the QX30 AWD.

One of the bigger complaints we had with the Mercedes GLA is the amount of rear seat space for passengers. Sadly, the QX30 offers even less passenger volume than the GLA, but provides more cargo room. This is more than the Lexus NX, BMW X1 and Audi Q3. Despite being called a crossover, the QX30 and QX30 AWD are actually lower in height than most of those aforementioned cars. Only the GLA 250 is lower than the QX30 AWD, by 0.2 of an inch.

Competing with such cars as the BMW X1, Audi Q3, Lexus NX and Mercedes GLA isn't easy, but a low price tag, several available models and attractive styling will help Infiniti move units. And once you drive a QX30, things get more impressive.

Unlike the GLA it has so much in common with, the QX30 feels far more refined, particularly in regards to the powertrain. Where we found the seven-speed dual clutch to be lazy and jerky in the GLA, the QX30 felt much more normal in comparison.

The engine is quick enough and you won't be wanting much more power, although high-speed passes will take a little extra planning. The thrust of the turbo is pretty good, although the QX30 AWD felt a little less sprightly off the line. I'd chalk that up to extra weight, as the all-wheel drive adds a lot of weight of the car. Still, the porkiest version of this vehicle (QX30 AWD with the Premium package) weighs under 1,588 kilograms, meaning the engine should be quite efficient.

The ride quality is top notch. It's smooth, confident and reminds me of the bigger vehicles Infiniti offers.

THE CHECKLIST | 2017 INFINITI QX30

THE BASICS

Engine: 2.0-litre turbocharged four-cylinder
Power: 208 horsepower and 258 lb-ft of torque
Transmission: Seven-speed dual clutch automatic
Fuel Economy: TBD
Pricing: Expect it to start at in the mid-$30K, U.S.

LOVE IT
- Refined
- Stylish
- Nice Interior

LEAVE IT
- Cramped rear seat
- Noise
- Low height for a crossover

TOYOTA On the Park
1077 LESLIE ST.,
TORONTO, ON
(Leslie & Eglinton)
1-888-475-7346
toyotaonthepark.ca

REBATE UP TO $1000
2016 RAV 4**
All In Lease $109 @1.99%
All In Finance $157 @2.49% ZERO DOWN
All In Price $27,139 +HST

TOYOTA 2016 FACTORY EVENT
SALE ON THIS WEEKEND!
FRIDAY AUGUST 5TH &
SATURDAY AUGUST 6TH

REBATE UP TO $1500
2016 COROLLA**
All In Lease $69 @0.99%
All In Finance $92 @0.99% ZERO DOWN
All In Price $17,624* +HST

CHOOSE 1 OF 2 OPTIONS:
EVERY CUSTOMER THAT PURCHASES A NEW OR USED VEHICLE FROM TOYOTA ON THE PARK THIS WEEKEND WILL RECEIVE THE CHOICE BETWEEN.
$500 IN FREE ACCESSORIES
OR
$500 IN PREPAID MAINTENANCE AT TOYOTA ON THE PARK

Corolla CE: All in price includes freight and fees, HST Extra. All in lease is bi Weekly for 60 months with $1000 down and $1500 customer inventive applied. Includes freight and fees, HST extra. All in Finance is bi weekly for 84 months with $0 down and $1500 customer incentive applied.Includes freight and fees, HST extra. Rav4 FWD LE: All in price includes freight and fees, HST extra. All in lease is bi Weekly for 60 months with $2600 down and $1000 customer incentive applied. Included freight and fees, HST extra. All in Finance is bi Weekly for 84 months with $0 down and $1000 customer incentive applied. Includes freight and fees, HST extra.

Are you a goon if you use the wrong gas?

CAR CARE

Some mistakes are worse than others

Sami Haj-Assaad
AutoGuide.com

Does your car need regular fuel or premium? Gas or diesel? What happens if you put the wrong fuel into your car?

The results vary wildly from case to case, but you need to be careful about what kind of fuel you put in your car and be aware of what effects your actions might have.

What happens when you put diesel in a gas car?

Due to the different types of nozzles used for gas and diesel fuel at stations, its usually kind of difficult to mix them up, but mistakes do happen.

If you realized your mistake, the important thing is to stop driving the car. Parking and turning off the engine will limit the damage that will occur. Otherwise, the car will use up the remainder of the gas in the tank and eventually shut down, since gas engines can't combust diesel.

What you need to do is drain the tank and fuel lines, fuel rails and injectors of the diesel fuel. You can try to do this yourself, but a mechanic will be better suited to handle this kind of work. Usually, there's no permanent damage, but this kind of fix can cost anywhere between $500 and $1,000 U.S. plus the cost of a tow to the closest mechanic.

How about gas in a diesel car?

Going the other way around is far more harmful and dangerous for your car. Diesel is not only a fuel, but serves as a lubricant as well, so you can really damage the fuel-injector pump by using gasoline instead of diesel.

That's not the only thing that can go wrong. Diesel and gasoline have different combustion properties, meaning that gas would detonate much earlier in a diesel engine. As a result, you'll get misfires and knocking that will require certain parts of the engine to be repaired, rebuilt or replaced, which will be expensive.

If you discovered that you accidentally put diesel into your gas-powered car, you need to stop running the engine immediately and get a tow to a mechanic, where they will drain and clean your system.

Premium fuel in a car that doesn't need it?

Sorry to burst your bubble, but nothing significant will happen. In some cases, like while towing or in hot, dry weather you might see a slight benefit, but due to the engine computers adjusting their timing automatically to compensate for the increased octane levels, no damage or noticeable benefits will occur.

Regular gas in a car that needs premium?

On the other hand, using lower octane fuel in a car that calls for premium can cause some serious internal damage. You'll likely notice the spark knock, which is best described as a sort of a high-pitched pinging or rattling noise. Fortunately, the engine computers can adjust timing to limit the amount of damage caused, but you'll definitely notice reduced performance and worse fuel economy. Switch back to premium fuel as soon as you can, because all that spark knock can cause long-term damage.

Putting the wrong fuel in your car is a surprisingly common mistake that no one ever wants to admit to, but don't worry, we have your back. ISTOCK

May the force be with you

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

© AND ™ LUCAS FILM LIMITED. © 2016 MATTEL. ALL RIGHTS RESERVED.

X-WING

Hot Wheels makes drivable Star Wars car

Hot Wheels is making every Star Wars fan's dream come true. The company has re-imagined the iconic X-Wing from Star Wars as a high-performance racecar, powered by a 2.0-litre engine and backed by AP dual piston caliper brakes with slotted rotors and custom slick tires to out-maneuver the Empire. The Carship is capable of hitting a top speed of 290 km/h and was built from refurbished race car and jet engine parts. Naturally it features the Rebel Alliance logo along with a version of the iconic Hot Wheels logo. Mattel claims that the new X-Wing Carship will be one of the fastest toys ever on the orange Hot Wheels track. The X-Wing Fighter Carship was on display at the SanDiego Comic Con and the company promises that it will release die-cast models later this year. JASON SIU/AUTOGUIDE.COM

Ford

EMPLOYEE PRICING IS HERE

YOU PAY WHAT WE PAY*.

LEASE THE 2016 FOCUS SE

$96† EVERY 2 WEEKS
0% APR
60 MONTHS
$1,645 DOWN
INCLUDING $1,526 EMPLOYEE PRICE ADJUSTMENT

OFFER INCLUDES $1,700 IN FREIGHT AND AIR TAX.
OFFER EXCLUDES TAXES.

FEATURES:
- SYNC® ENHANCED VOICE RECOGNITION^
- AIR CONDITIONING
- REAR-VIEW CAMERA¥
- AUTOMATIC TRANSMISSION
- CRUISE CONTROL¥

THAT'S LIKE $48** A WEEK

SiriusXM Available in most new Ford vehicles with 6-month pre-paid subscription

Kelly
Ford of Canada,
Human Resources

Get your employee price at findyourford.ca or drop by your Toronto Ford Store today.

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

IT'S EASY TO GET INTO A FORD

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible rainchecKable Ford retail or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). * Ford Employee Pricing ("Employee Pricing") is available from July 1, 2016 to September 30, 2016 (the "Program Period"), on the purchase or lease of most new 2016/2017 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT350/GT350R, Ford GT, and Focus RS). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor-/CAW-negotiated programs). The new vehicle must be delivered or factory ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. † Until September 30, 2016, lease a new 2016 Focus SE for up to 60 months and get 0% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 Focus SE with a value of $19,378 (after $1,645 down payment or equivalent trade-in and Employee Price Discount of $1,526 deducted and including freight and air tax charges of $1,700) at 0% APR for up to 60 months with an optional buyout of $6,990, monthly payment is $207 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $95.66), total lease obligation is $14,365, interest cost of leasing is $0 or 0% APR. Taxes payable on full amount of purchase price after Employee Price adjustment has been deducted. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. **See lease offer legal marked with † symbol for monthly and bi-weekly payment lease offer details. Comparison payments are for reference purposes only and are calculated as follows: the monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 for bi-weekly, 52 for weekly and 365 for daily). For example ($299 x 12) / 26 bi-weekly periods = $138, /52 weeks = $69, /365 days = $9.83. ¥ Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ^ Some mobile phones and some digital media players may not be fully compatible. Driving while distracted can result in loss of vehicle control. Only use SYNC systems/other devices, even with voice recognition and screens available in English, French and Spanish. Some features may be locked out while the vehicle is in motion or in motion gear. Optional Navigation system map updates cannot be received via Wi-Fi and requires a separate update. Data rates may apply. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

ENVIRONMENT

Mercedes ramps up electric vehicles

Mercedes-Benz is shifting gears to put a focus on electric vehicles. The German automaker has noticed the segment gaining market share and is adjusting its planning, CEO Dieter Zetsche told analysts during a call on second-quarter results. The company will reveal more of its plans for the electric car segment in Paris in October. JASON SIU/AUTOGUIDE.COM

FINES

Tennessee to add slow poke law

Drivers in Tennessee can now be ticketed for driving too slowly in the left lane. The new law went into effect July 1, with $50 U.S. fines going to drivers who hog up the passing lane. Tennessee joins Florida, New Jersey, Georgia and Indiana as states that have passed a slow poke law since 2013. The law aims to ensure that the left lane is used for passing and that slower drivers don't clog it up. JASON SIU/AUTOGUIDE.COM

GOTTA GO FAST

Honda celebrates hedgehog's 25th

Creating the Sonic Civic, Honda teamed up with SEGA as the game celebrates its 25th birthday. Based on the turbocharged 2016 Honda Civic Touring Sedan, the Sonic Civic made its debut during this year's San Diego Comic Con. Featured on and throughout the modified vehicle is Sonic and Sonic's world, featuring custom wheels and tires that represent Sonic's infamous red shoes and gold rings. Perhaps most importantly for Sonic fans, it includes a flip-up/down 32-inch television to play on. JASON SIU/AUTOGUIDE.COM

IN BRIEF

Hyundai's future solutions
Hyundai has established a new division dedicated to exploring the future of automotive mobility. Called the Project Ioniq Lab, the organization explores future mobility solutions through innovation, research and academic projects. It explores four key areas: freedom to use mobility whenever, wherever; freedom to connect to everyday life on the move; freedom from accidents, inconveniences; and freedom from pollution and energy exhaustion. JASON SIU/AUTOGUIDE.COM

†Based on overall offers available on most 2016 models, including cash incentives and lease and finance offers, and excluding short-term promotions. Some models excluded. *Finance payments must be made on a bi-weekly basis and cannot be made weekly. Weekly equivalent payments shown for information only. Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. Base MSRP of $17,620, including $1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from $92 (after application of $1,000 finance bonus cash). $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for total obligation of $16,620. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ††Bi-weekly finance from the equivalent of $58 per week, based on a new and unregistered 2016 Jetta 1.4T Trendline+ model with 6-speed automatic transmission. Base MSRP of $22,020, including $1,625 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from $115 (after application of $1,000 finance bonus cash). $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for total obligation of $21,020. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to $6,000/$2,000 bonus cash available to be applied as a discount on MSRP on cash purchase only of select new and unregistered 2016 CC models / select Jetta models (excluding the 1.4T Trendline 5-speed manual transmission (#163VF1)). Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end August 31, 2016 and are subject to change or cancellation without notice. Model shown: 2016 Jetta 1.8T Highline automatic transmission, $27,995. Vehicle shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Volksfest", "Jetta", "CC", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

metro SPORTS

Mother Nature will no longer be a problem at the U.S. Open now that the new retractable roof is up and running over Arthur Ashe Stadium

Semenya at heart of intersex debate

ROAD TO Rio
Testosterone question

South African runner able to compete, but cases roll on

Caster Semenya races to victory in the women's 800-metre final during the Doha IAAF Diamond League 2016 meeting at Qatar Sports Club in May. The South African runner's intersex condition has created controversy and challenged the sex divide in sports. WARREN LITTLE/GETTY IMAGES

It seems the sports world just doesn't know what to do with an athlete like Caster Semenya. The South African runner, and others like her, may present one of the greatest dilemmas for the perception of fairness in sports.

Athletes like Semenya with intersex conditions — those that don't conform to standard definitions of male or female — debunk any presumption that everyone fits neatly into those definitive categories in sports.

According to sports scientist Ross Tucker, "the biology isn't quite as simple as that."

Semenya's story is well-known. As an 18-year-old newcomer at the 2009 world championships, she dominated the best women's 800-metre runners. The gap between her and the defending world champion, who finished second, was astounding. Semenya celebrated by showing off her bicep muscles, stoking a controversy sparked hours earlier by revelations that she had undergone sex verification tests.

She was later sidelined for 11 months by world track's governing body, the IAAF, and was only cleared to run again in 2010. She returned and won a silver medal in the 800 at the 2012 Olympics. Now 25 and the favourite for gold at the Rio Olympics, Semenya has been pursued by gender questions. But her case has never been about a man masquerading as a woman.

Semenya is a woman because she says she's a woman, was legally recognized at birth as female, treated as female, and identified as female. Nobody can dictate to Semenya what gender she is. But since the 1950s, track and field has conducted sex testing to protect women's competitions, initially using basic anatomy tests, and later chromosomes. The tests didn't work.

Sex testing in sports should be about preventing an unfair advantage and, therefore, not about genitalia or chromosomes, which don't make athletes run faster, jump higher or throw farther. What does, according to the IAAF, is testosterone.

The IAAF says testosterone is the most significant factor in athletic performance. Men, generally, have more testosterone than women. In 2011, the IAAF officially drew a line between men and women in terms of testosterone. The issue it sought to resolve was hyperandrogenism — high levels of naturally occurring testosterone in some women that apparently gave them a competitive advantage.

Tucker said research conducted by the IAAF showed six women with intersex conditions competed at the 2011 world championships. Joanna Harper, an expert on gender in sports and a consultant to the IAAF, thinks two female medallists at this year's indoor world championships are probably intersex, and estimated 5-10 intersex athletes will compete in track and field at the Rio Olympics.

Six years after Semenya was subjected to the IAAF tests, the lid was lifted on her situation in 2015. That's when Indian sprinter Dutee Chand went to the Court of Arbitration for Sport — the highest court in world sports — and challenged the IAAF rules that regulated testosterone in hyperandrogenic women.

The case forced the IAAF to publicly defend its rules that for hyperandrogenic women to be eligible to compete as women, their testosterone levels must be below a certain mark. It came down to a tiny measurement: how many nanomoles — a billionth of a mole — of testosterone a woman had per litre of blood. It couldn't be 10 nanomoles or more per litre, roughly the lower end of the male range. If it was 10 or higher, it had to be lowered. Harper said the testosterone levels of these hyperandrogenic women could be lowered either through the removal of internal testes or with hormone-suppressing medication.

> **They are fully in keeping with the Olympic spirit.**
> Former Olympic runner Bruce Kidd

Former Olympic runner Bruce Kidd, a professor of physical education and an adviser to Chand, opposes the testosterone-limiting rule. He argues that the testosterone is natural in these women, and although men produce more of it, "there is nothing to say that testosterone is a male hormone."

"Dutee and Caster are (competing) with their own chemicals," Kidd said. "They are fully in keeping with the Olympic spirit of being true to yourself and playing without doping. So why are they being castigated for that? I think it is so unfair."

Significantly, the IAAF accepted that its rules were basically discriminatory but were devised in search of a greater justice: fairness for women's track and field. Chand — and by default, Semenya — won an interim decision last year in the Court of Arbitration for Sport case, but on a different reasoning. The IAAF didn't have definitive evidence to show how much of an advantage the extra testosterone gave hyperandrogenic women. CAS gave the IAAF until July 2017 to provide the evidence needed to reinstate the rule, which won't be in place in Rio. THE ASSOCIATED PRESS

SAFE LANDING

Brazil welcomes Canadian athletes

Gavin Schmitt GETTY IMAGES

Saskatoon's Gavin Schmitt, a six-foot-10 volleyball player, says his bed in the Olympic athletes' village is long enough and fits him just fine.

Canada's athletes joined those from Angola, Malaysia and Figi in a welcoming party for the four countries at the village just outside the Barra Olympic Park on the west side of Rio. They were entertained with dancing and song.

Water leaks, exposed electrical wires and inadequate plumbing delayed Australia's move into the village last week.

But Schmitt and others in the Canadian contingent of 314 athletes say they have light, hot water, functioning toilets and good food in the village.

The opening ceremonies are Friday but Canada starts competing Wednesday when the women's soccer team faces Australia in a preliminary-round match. THE CANADIAN PRESS

OLYMPICS IN BRIEF

Japan athlete escapes whopping Pokémon Go bill

Japanese Olympic gymnast Kohei Uchimura may be a record six-time world champion, but he won't be encountering much success in his Pokémon Go efforts after running up a huge roaming bill in Rio.

Uchimura was stunned to receive a 500,000 yen ($4,900 US) mobile bill after playing the popular augmented-reality game. Thankfully for him, his Japanese carrier service agreed to reduce his bill to a 3,000 yen ($30) daily all-you-can-use contract. THE ASSOCIATED PRESS

IOC blames anti-doping officials for tainting games

IOC president Thomas Bach lashed out Tuesday against those calling for the "nuclear option"' — a complete ban on Russian athletes from Rio — as he and other members blamed anti-doping officials for a scandal that has rattled the Olympic movement.

Bach opened the IOC general assembly by seeking backing of the members for the executive board's handling of the doping scandal. After a debate Bach asked for a show of hands, and only one of the 85 members — Britain's Adam Pengilly — voted against his position. THE ASSOCIATED PRESS

MLB

Retro Ks for Stro

Back when Marcus Stroman was in the minors, he was a strikeout artist, averaging more than a punchout per inning. On two occasions in Double-A he had 13 Ks in just 6-2/3 innings.

But he had trouble going deep into games. Then in the middle of his first big-league season he developed his sinker, a two-seam fastball he now throws more than half the time. It transformed him from an inefficient, high-strikeout pitcher into a ground-ball machine.

So Monday was something of a throwback performance for the righty, who set a new career high with 13 Ks — his previous high was nine — by carving up an aggressive Astros' lineup.

> **I told him he was looking like Pedro Martinez.**
> Jays catcher Russell Martin

Unfortunately for Stroman, his teammates were equally whiffy, racking up a franchise-record 22 strikeouts en route to a marathon, 2-1 loss in 14 innings, their second straight extra-inning defeat. TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Tuesday's game in Houston.

SPIRITUALIST OMAR

Very Powerful Spiritualist, Medium and Healer with a Special Gifted Power to:

- Reunite loved ones, marriage and family.
- Help Prevent Divorce & Break up.
- Good luck in finding lasting soul mates.
- Help with Serious Court cases
- Lucky charm for individuals and business.
- Helps with children and family problems.
- Protection against enemies and evil spirits.
- Helps relieve negative energy.

Thank you Omar for bringing my boyfriend back in my life. We are in a much better place now...we no longer argue and he is very sweet and kind to me. - LISA

CONFIDENTIAL 100% Payment after results guaranteed

647-707-2315

Renuka Devi Astrologer
Pandit Ravi Shankar

WORLD RENOWNED PSYCHIC FROM INDIA

Expert in Palm Face & Patra Reading. Handle Any Kind of Problem. Depression, Family, Husband-Wife, Love, Kids, Court, Jealousy,Money, Sexual, Enemy etc

Sat & Sun FREE READING

REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT,OBEYA, GENERATION CURSE, EVIL ENERGY & GIVES 100% PROTECTION

647-632-4625

967Albion Road, Etobicoke ON M9V 1A6, Next to RAZA.com Mobile shop (ALBION & ISLINGTON)

INDIA'S NUMBER #1 ASTROLOGER & PSYCHIC
Pandit: MANJUNATH

FREE READING ON MONDAY

Palm, Face & Photo Reading

Master helps in Problems: Depression, Family, Husband-Wife, Love, Kids, Jealousy, Money, Court, Enemy etc

SOLUTION TO ALL PROBLEMS, LOVE GURU

Removes Black Magic, Jadoo, Voodoo, Witchcraft Butu,Witchcraft & Gives 100% Lifelong Protection

1123 Albion Road Unit #101, Etobicoke ON M9V 1A9 NEXT TO MADRAS DOSA (ALBION & ISLINGTON)

647-405-6717

Meet once & Get 100% Solutions

KALBHAIRAVA FAMOUS ASTROLOGEY CENTER
Pandit: SHIVA BABA

36 Yrs Experienced Guruji

Guruji Performs Powerful Kalimata & Durga Mata Prayers for Strong and Positive Solutions

100% GUARANTEE ALL RELIGIONS WELCOMED

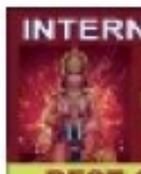
Past, Present & Future, Solves Problem: Sickness Work, Marriage, Court, Enemy, Black Magic Etc

CALL FOR 1 FREE QUESTION

647-622-0554

3005 Islington Ave, Unit #1B, North York ON M9L 2K9 (Between Steeles & Finch) Intersection - Islington Ave & Millwick Dr.

INTERNATIONAL ASTROLOGER & PSYCHIC
Pandit: JAYRAM JI



Master Removes BLACK MAGIC Jadoo, Vodoo Tona Obeya Witchcraft & Gives 100% Lifelong Protection

I CAN HANDLE ANY KIND OF PROBLEM

BEST SOLUTIONS FOR YOUR BEST FUTURE

*Love Husband-Wife *Relationship *Marriage *Court *Teenage issues *Job *Money *Health *Jealousy *Lucky *Number *Enemy *Depression *Promotion *Business *Sexual *Personal Matters

Cell: 647-739-0466

1221 Markham rd, Scarborough (MARKHAM & ELLESMERE)

100% Satisfaction Guaranteed

World Famous Astrologer & Psychic
Pandit: RAM JI

Solutions & Advises: Job, Business, Money,Health,Marriage Depression, Family, Husband-Wife, Children, Jealousy,Court Love , Sexual, Divorce etc

FREE READING ON MON -TUES

FAST RESULTS Let me Bring you Peace of Mind

Removes Black Magic, Voodoo, Obeya, Butu, Jinn, Tona, & provides 100% Life-Long Protection

Passed down from Generation to Generation

2260 Bovaird Dr E, #103, Brampton L6R 3J5 Springdale Plaza(BOVAIRD & TORBRAM)

416-312-5825

Master: SHIVRAJ
INDIAN SPIRITUALIST & PSYCHIC

Get Solutions & Suggestions for: Family, Health, Enemy Jealousy, Husband-wife, Sexual, Stress,Finance etc

100% GUARANTEE

Performs Powerful Prayers to remove Black Magic, Jadoo, Vodoo, Obeya & Evil Spirits etc

647-712-9009

BRAMPTON & SCARBOROUGH

ASTROLOGER & PSYCHIC
Master: GANESH

BRING BACK LOVED ONES

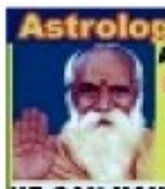
Love * Marriage * Kids Education * Business* Job Money * Health * Sexual Family Prob * Enemy*Court

100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...

647-721-2555

3080 A Hurontario St, (Hurontario & Derrick)

Astrologer & Psychic - Pandit DEVADAS



Are you Suffering from Problems: Love, Marriage, Kids, Education, Job, Money, Health, Sexual Etc

GIVE ME ONE CHANCE & SEE YOUR LIFE PROGRESSING

HE CAN HANDLE ANY KIND OF PROBLEMS, QUICK RESULTS

He is very Special in Removing Black Magic, Bad Luck, Jadoo, Vodoo through Performing Poojas, & Gives 100% Protection

647-709-3459, 647-741-9097

5210 Finch Ave E, #1, Scarborough M1S 4Z6 (MIDDLEFIELD & FINCH. INSIDE GOLDEN BAKERY)

No. #1 Scarborough Astrologer & Psychic
Pandit: GURU RAGHVENDRA

Expert Palm & Face Reading and Date of Birth

TAKE RIGHT DECISION AT RIGHT TIME

Everybody has Problems in Life But Don't worry Master has solutions for all

30+ Years Generation

HEALTH, COURT, LOVE, CHILDREN MISTAKE, MONEY, JOB BUSINESS, EDUCATION, DEPRESSION,ENEMY,JEALOUSY, SEXUAL, HEALTH, PERSONAL MATTER MARRIAGE ETC

Removes Black Magic, Jadoo, Vodoo, Witchcraft, Obeya, Evil Spirits & Provides Lifelong Protection

647-646-9746 Call for 1 FREE QUESTION

2625 Lawrence Ave E, Scarborough, ON M1P 2S2, Maple Plaza Next to POPEYE'S (MIDLAND & LAWRENCE)

ASTROLOGER & PSYCHIC
Master: RAJARAM

SOLVES PROBLEMS: JOB, HEALTH,DEPRESSION, MONEY, KIDS, FAMILY, HUSBAND-WIFE, LOVE, COURT, JEALOUSY

SAT - SUN FREE READING

Solves All Problems in 24 Hours

Removes Black Magic, Jadoo, Vodoo, Witchcraft, Bad Energy & Gives 101% Full Protection

416-716-1269

5010 Shorelea Ave Unit13, Etobicoke ON M9V 5G5 Near LITHAYATS (KIPLING & STEELES)

INDIAN PSYCHIC
Mr. VIKRAM

* I am specialist in Removing problems like Love, Marriage, Relationship, Job, Promotion, Education, Teenage issues, Childless couples, Depression, Sexual, Money, Property, Lucky numbers.
* FREE CONSULTATION to Senior citizens
* I Clear BLACK MAGIC & gives 100% Protection *I CAN SOLVE ALL PROBLEMS
* I Solemnly Assure to Help you.

416-666-3498

559 Markham Rd, Scarborough, Next to Library. M1H 2A3

HEALTH

STOP ANY PAIN

In Seconds! If not money back RIGHTAWAY!

Adjust YIN & YANG of body system, most pains and diseases will be fixed by itself.
All other treatment failed you? I can help.

R.TCMP Chong Kim
696 Sheppard Ave. West

416.788.3837

metro

THE HANDY POCKET VERSION!

Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

FINANCIAL

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG

License # 11991

LOWEST RATES for bad credit loans since 1984

What would you do with $20,000?

PFS

✓College Tuition?
✓Home Renovation?
✓Wedding?
✓Travel?

You decide.

Paid off car 6 years or newer?

Borrow up to $20,000 the same day!

416-634-2013 BorrowWithYourCar.com

*Call for details and conditions

A division of Prudent Financial Services

DEBT RELIEF IS A CALL AWAY

We can reduce your debt into one monthly affordable payment. We have successfully helped 1000's of clients get a fresh start.

Maggie Madej
Licensed Insolvency Trustee

LET'S DISCUSS YOUR FINANCIAL OPTIONS

For a Free Evaluation Visit our Website www.trustee.ca

Sheriff Sisle & Madej Inc. Licensed Insolvency Trustee

CALL FOR YOUR FREE CONSULTATION
1-844-GTA DEBT (482-3328)

HEAD OFFICE: 120-2001 SHEPPARD AVE E., TORONTO

CAREER

Active Career Advancement Project

Are you an Internationally Trained Professional?

Are you interested in advancing to an alternative career that utilizes your skills?

The Active Career Advancement Project assists with career navigation through:

- Employment Guidance
- Personalized Coaching Services
- Financial Support *subject to individual assessment

Find out if you are eligible by contacting us at:

tel. 905.770.7040 ext. 232
www.acapcanada.ca acap.gta@success.bc.ca

We provide services at two convenient locations in the City of Toronto and York Region.

Pathways to Possibilities Parcours Vers l'avenir

EMPLOYMENT

RECRUITING EXPERIENCED FOOD SERVICE PROFESSIONALS FOR MULTINATIONAL COMPANY AT YORK UNIVERSITY – KEELE CAMPUS

Seeking Grill Cooks, Supervisors, Centralized Production Cooks and General Help. Competitive Pay. Interested Candidates: Visit Job Fair at Central Square Cafeteria (York University) on August 10th and 11th from 9am to 2pm OR Forward resume to *aramark.yorku@hotmail.ca*

YORK UNIVERSITÉ UNIVERSITY

FINANCIAL

GET OUT OF DEBT!
CALL THE
Licensed Debt Professionals™
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

DAVID SKLAR, CPA, CIRP, LIT
Free Consultation 310-9200
DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators · Financial Counsellors · Licensed Insolvency Trustee
HEAD OFFICE: 245 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

STEVEWELKER.CA
DEBT RELIEF
WHEN YOU CAN'T REPAY

Free Advice
647-793-6411
CAN YOU REPAY YOUR DEBT ON YOUR OWN?
IF NOT, OUR SERVICES
- Stop: Collection Calls, Interest, Lawsuits & Garnishments
- Reduce Your Debt & Stress
- Don't Require Money Up-Front
- Consolidate Your Debt
- Bankruptcy Is Always The Last Resort

MAIN OFFICE: 1969 WESTON ROAD
Welker and Company Inc. Licensed Insolvency Trustees
647-793-6411
Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

TOO MANY BILLS... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
nona@rumanek.com
Rumanek & Co. Ltd. Licensed Insolvency Trustee,
Head office in North York, Ontario
9 Locations in Ontario

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

EDUCATION

Be A Law Professional In Months

- Paralegal*
- Law Clerk*
- Immigration Consultant*
* with internship
647.691.0889
AOLTORONTO.COM
Financial Assistance May Be Available To Those Who Qualify
The Academy of Learning Career & Business College (Bay/Bloor) is registered under the PCC act 2005 and operated by 1985755 Ontario INC.

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

SaveTHOUSANDSand be debt FREE
MR Debt Solutions
416.424.1510
Up to 85% Debt Reduction
Pay ZERO INTEREST
* Home Service Available
* Credit Rebuild Program
* Free Credit Check
Free $100 Gift Card
www.mrdebtsolutions.com

MONEY PROBLEMS?™
Make one small interest free payment for all your DEBTS!
(416) 650-1100
gta credit
Five Convenient Locations:
Mississauga, Scarborough, North York, Brampton & Toronto
www.GtaCredit.com
YES, We Can
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues
Contact us for a FREE & CONFIDENTIAL meeting with Govt. Registered Counsellor

UP TO $1000 Loan
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)

Become a Physiotherapist Assistant In Months!

Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
Downtown: 647.691.0901
North York: 647.360.2072
ANDERSONCOLLEGE.COM

DIVORCE

MORTGAGES
1st, 2nd & 3rd Mortgages
Residential & Commerical
*Money Credited
Fast Approvals, Low Rates
Bad Credit? No Problem
*No Fees, *Free Appraisals
Debt Consolidation
*Terms & Conditions Apply TMACC Lic#10530
MORTAGO.CA
416.667.8996

DIVORCE
Simple, in weeks*
- Debt collection
- Landlord Tenants
- Small Claims Court
416-880-4600
www.quickform.ca
* By Lawyer, conditions apply

LEGAL

Sexually Harassed At Work?
Bullied At Work?
GET JUSTICE!
Call the law firm of
David J. Rose at 416-278-6544
to book an appointment.
www.sexualharassmentlawyer.ca

RECIPE Fresh Salmon Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This gourmet burger is a healthy twist on the summer staple. Big chunks of fresh salmon make it satisfying, yet surprisingly easy to make.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Do not use a food processor. You will end up with salmon paste and that's not what we're after.

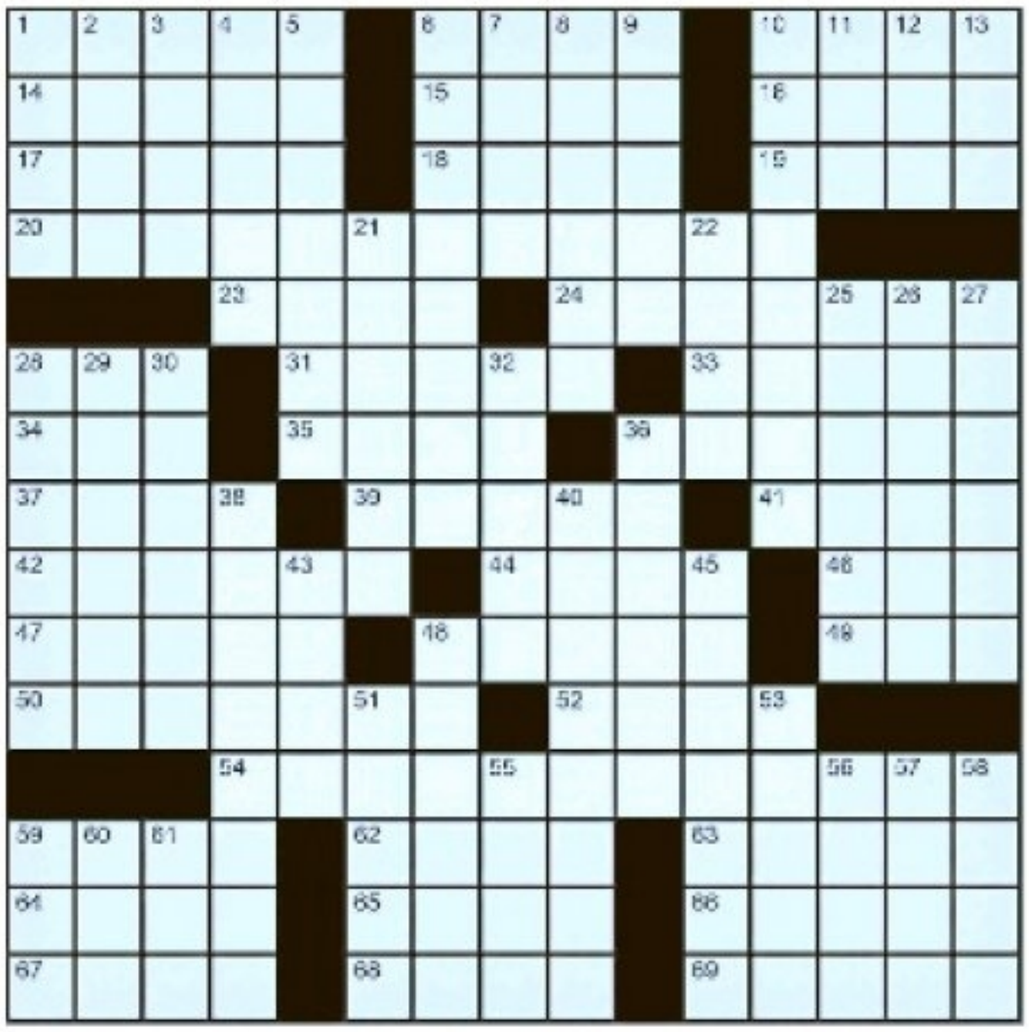
2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Q. "Is there __ Eliza Doolittle in 'Pygmalion' by G.B.S.?" A. "Indeed."
6. Eat away at
10. Pack away
14. Aqua-denizen, with Ray
15. Oscar-winning composer Nino
16. Rum cocktail, __ Libre
17. Spoken/heard
18. Mirror __ __ House: The Autobiographies of Sean O'Casey
19. Water wader
20. "When I Get Back" is a song by this former Montreal indie duo with the 2011 album 'Sound Kapital': 2 wds.
23. Ms. Gilbert of "Roseanne"
24. TV show segment
28. "__ for two and me for..."
31. Stockpile
33. Fable's lesson
34. Carol of fashion covers
35. Joint pain site
36. Amalgamated
37. __-mucil (Fiber supplement brand)
39. __ tomatoes (Posh salad ingredients)
41. Equivalent
42. Retaliate
44. Doing word
46. Foes to yeses
47. Rocker Mr. Kravitz
48. Merle Oberon title role film of 1941
49. Summer bug
50. Certify
52. Hostels
54. Shania Twain slow song/video: 4 wds.
59. Sound system sort
62. Singe
63. __ acid
64. Mr. Rickman of reels
65. Present
66. Like green-covered cheese, variantly
67. Smelting waste
68. Stagnate
69. Authorization

DOWN
1. Nursemaid
2. __ fide (In bad faith)
3. Aware of the birthday surprise: 2 wds.
4. Diamond earring choices
5. Army private character created by cartoonist George Baker: 2 wds.
6. One pulling a displeasurable face
7. Zippo
8. Money-from-the-wall charge: acronym + wd.
9. Where to look on "Friendly Giant": 2 wds.
10. Crafts kit items
11. Bathroom feature
12. __-Wan Kenobi
13. Music producer Don
21. Particular popsicle
22. Icy layer
25. Star Wars: Princess Leia __
26. Bounced-back e-mail source, Mailer-__
27. Firstborn
28. Steamed-in-corn-husks dish
29. 7-__ (Convenience store chain)
30. Go to the party
32. Leaden
36. Sheep of Spain known for its quality fleece
38. Bothersome
40. Aristocrat's ancestry
43. Greek pita serving
45. Small fowls
48. Made the riverbanks resistant to rising waters
51. Seaweed-wrapped appetizer
53. South Pacific island group
55. Dixie Chicks hit: "Goodbye __"
56. Knavish
57. Ampersands
58. Stringed toy classic
59. Owns
60. "__ say!"
61. Flight watchdog, commonly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Parents should be vigilant about their children, because this is a mildly accident-prone day for them. Meanwhile, expect sudden invitations to fun events!

Taurus April 21 - May 21
Your home routine will be interrupted today. Perhaps small appliances will break down or minor breakages could occur. Because things are a bit willynilly, be patient with family members.

Gemini May 22 - June 21
Expect to meet a new friend. Or perhaps you will discover a new place? That's because whatever happens today will be a bit unusual, and it will happen suddenly.

Cancer June 22 - July 23
Keep your eye on your money and possessions today. Financial matters might be unpredictable. If shopping, count your change and keep your receipts.

Leo July 24 - Aug. 23
There is a lot of energy and electricity in the air today! This makes you feel independent and ready to do your own thing. You also feel impulsive!

Virgo Aug. 24 - Sept. 23
Something unexpected that occurs behind the scenes might catch you off guard today. Allow a little extra time in your day so you can cope with this.

Libra Sept. 24 - Oct. 23
A friend might surprise you today. Or perhaps, you will meet someone new who is unusual. Scheduled meetings might be cancelled or changed.

Scorpio Oct. 24 - Nov. 22
Your ambition is aroused today; however, be courteous with authority figures. Even though you have unusual ideas, wait for the right time to present them. Today might not be the day.

Sagittarius Nov. 23 - Dec. 21
Unexpected travel opportunities might fall in your lap today. Meanwhile, school schedules are subject to change. You will learn something new and unusual.

Capricorn Dec. 22 - Jan. 20
Matters related to shared property, inheritances and debt will hold some surprises for you today. Make sure you know what's going on. Check your bank account.

Aquarius Jan. 21 - Feb. 19
Feelings of independence might boomerang today, because partners and close friends will react to you. Possibly they want more freedom! (And so it goes.)

Pisces
Feb. 20 - March 20
Your job routine will not be predictable today. Computer glitches and difficulties with machinery might create delays. Changes in personnel also make this an unpredictable day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7			5			1	
5		9			6			7
				8			5	
	3		8		9			
2		1		7		8		4
			1		4		7	
	5			9				
4			3			5		1
	8			1			4	

©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	1	6	7	9	8	4	3	2
7	3	8	6	2	4	9	1	5
2	9	4	1	3	5	8	7	6
6	2	1	4	8	9	7	5	3
8	5	9	3	1	7	2	6	4
4	7	3	5	6	2	1	8	9
9	6	2	8	7	3	5	4	1
3	8	5	2	4	1	6	9	7
1	4	7	9	5	6	3	2	8

FREE U.S. GOVERNMENT REAL ESTATE TAX LIEN EVENT

FREE LUNCH OR DINNER LIVE REAL ESTATE TAX LIEN EVENT!

Learn How Canadians can make an extra 15%-18% return on their MONEY?

Learn How Canadians can make an extra 15%-18% return on their MONEY by attending one of our FREE introductory Luncheon or Dinners at our free 2-hour Tax Lien live training event near you! Then please do yourself a favor. Read through this brief ad and call to register today. That's where you'll take your first big step toward profits and a fresh start in life. (But please call quickly. Only the first 100 to respond will be able to participate in this FREE offer.) Just to assure you that we really can help you achieve what we say, let me tell you a little about Government Tax Lien Network. We are self-made Tax Lien experts. Out of necessity we developed our own Tax Liens for Profit system, and now we teach others how to do what we do. The Luncheon or Dinners is a relaxed comfortable environment suitable for eager investors like yourself.

We know this business inside and out. We've used our unique Tax Liens for Profit system to teach people how to make Tax Lien deals. There are no limits. We do it all — and so can you. Think about the possibilities. But don't think too long! Because . . .

NOW IS THE TIME. COME HAVE LUNCH OR DINNER WITH US!

Over the years we've succeeded in many different businesses, but... We've Never Seen Anything Like the Profits in Today's Tax Liens! Circumstances have aligned to produce an unequaled profit opportunity. You couldn't ask for a better situation to get a foothold in this business — especially when you use our secrets. A little hesitant? We understand. We've been there too. Maybe you're afraid. Not sure you want to get into Real Estate Tax Liens. Or you think you can't do it. That's further from the truth. You CAN do it. And NOW'S THE TIME to get on board. We'll guide you and give you the tools, the training, the techniques, the keys to tax liens. **We'll show you exactly what to do in our comprehensive 2-DVD set, and it's yours absolutely FREE – if you're among the first 100 callers.**

PLUS . . . The secret for Canadians to buy U.S. real estate tax liens earning up to 15%-18%

- **The secret of Real Estate Tax Lien Certificates providing up to 16-25% rates of return**
- **How, with just $100 to get started, you can begin building a fortune with confidence and safety**
- **How you can build your real-estate empire working just 4-6 hours a week in your spare time**
- **Specific strategies that work best for Canadians to buy U.S. Tax liens and start making money**
- **How to get your hands on U.S. properties up to 25%-50% discount**

Don't miss this opportunity to get the information that can open new doors to a more secure future for you and your family.

PS: It is unbelievable how much money Canadians can make right now?

LEARN HOW TO HAVE ACCESS TO U.S. PROPERTIES LIKE THESES THRU TAX LIENS AT THE EVENT?

INVESTOR PAID $517.82

INVESTOR PAID $2,866.00

INVESTOR PAID $3,682.49

INVESTOR PAID $4,614.13

INVESTOR PAID $1,723.61

INVESTOR PAID $10,009.69

INVESTOR PAID $233.25

VIP Gift Package $500 Value *for attending*

FREE GPS SMART WATCH

2 CDS TAX LIENS FOR PROFIT

Call Now to Register 800-570-7119 or online at GTLNLive.com/Toronto

RICHMOND HILL	TORONTO	MISSISSAUGA	OAKVILLE	TORONTO
TUE, AUGUST 9	WED, AUGUST 10	THU, AUGUST 11	FRI, AUGUST 12	SAT, AUGUST 13
12:30pm or 6:30pm	12:30pm or 6:30pm	12:30pm or 6:30pm	12:30pm or 6:30pm	10:00am or 2:00pm
Sheraton Parkway Toronto North Hotel Suites	**Radisson Hotel Toronto East**	**Hilton Garden Inn Toronto Airport W Mississauga**	**Hilton Garden Inn Toronto Oakville**	**DoubleTree by Hilton Toronto Downtown**
9005 Leslie Street	55 Hallcrown Place	1870 Matheson Blvd	2774 S Sheridan Way	108 Chestnut Street

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business.

© 2016 Real Estate Workshops, LLC. Live Events. All rights reserved. We provide real estate education, services and training. "We do not sell a business opportunity". We make no earnings or return on investment claims. As with most education, it is difficult to track and ascertain those who implement the training provided. Additionally, we do not offer tax, accounting, financial or legal advice. Prior to undertaking any business transaction, you may consult your own accounting, legal and tax adviser to evaluate the risks, consequences and suitability of that transaction. **GPS Watch, Smart phone power pack and educational items are free gifts to all households who attend the event. One per household. Actual GPS watch and power pack may vary in color and appearance. Pictures of properties are for demonstration purposes only.